



Friends, Family & Fitness

## AN EIGHT-WEEK TEAM-BASED PHYSICAL ACTIVITY PROGRAM



### GET FIT TOGETHER!

Statistics show group exercise increases motivation



### FORM A TEAM!

Four to six people sign up as one team; select a captain and a team name, and get walking!



### MONITOR YOUR FRUITS & VEGGIES!

Keep track every day at [www.fit-ex.org](http://www.fit-ex.org)



### WHAT ARE YOU WAITING FOR?

Register at [www.fit-ex.org](http://www.fit-ex.org) starting March 29. 2019 FitEx program runs from April 1<sup>st</sup>- May 25<sup>th</sup>.

### QUESTIONS? CONTACT:

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