

ONE CHOICE



4 tips to get you moving

- ✓ The stairs instead of the elevator
- ✓ A brisk walk at lunchtime
- ✓ A hike instead of going to the movies
- ✓ The fitness center instead of playing video games or watching television

COMMIT

May is National Physical Fitness
& Sports Month

719-526-2196



Partnering together for your health & well-being!