



## FITTING IN FITNESS



How can you get the most from your fitness routine?

Maybe you don't even know where to begin.

How many calories do you need?

CommonHealth's "Fitting in Fitness" program can help!

We will explore common myths, set the record straight about metabolism and give you some great tips on all areas of exercise.

**All participants who provide their Employee ID # will be entered in a drawing to win up to \$500.**

**Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_**

