



FIT FOR LIFE COMMITMENT FORM

(Return completed form to one of the sponsor locations listed below)

- Yes, I am committed to getting Fit for Life! I am committed to: (check all that apply)
- | | |
|---|--|
| <input type="checkbox"/> Increase weekly physical activity | <input type="checkbox"/> Stop use of unhealthy substances |
| <input type="checkbox"/> Eat more fruits and vegetables | <input type="checkbox"/> Find healthy ways to reduce stress |
| <input type="checkbox"/> Substitute time in front of the TV and computer with enjoyable recreational activities | <input type="checkbox"/> Eat less fatty, salted and sugary foods |
| <input type="checkbox"/> Eat regular healthful meals | <input type="checkbox"/> Get at least 7 hours of sleep each night |
| <input type="checkbox"/> Get regular health check-ups | <input type="checkbox"/> Do fun physical activities as a family |
| | <input type="checkbox"/> Learn more about how to be and stay healthier |

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Age: _____ Male Female Starting Weight (optional): _____

- Yes, I want to purchase a Fit for Life T-shirt for \$8.00. S M L XL XXL
Pick up and pay for T-shirts at the YMCA of Mount Vernon. (circle your adult size)

Sponsored by:

YMCA of Mount Vernon • 103 North Main Street • Mount Vernon, OH • 43050
Center for Rehabilitation & Wellness at Knox Community Hospital • 1330 Coshocton Avenue • Mount Vernon, OH • 43050
Knox County Health Department • 11660 Upper Gilchrist Road • Mount Vernon, OH • 43050