


# FIT FOR LIFE

<p style="text-align: center;"><b>EXERCISE</b> (3 times/wk)</p> <p>Activity _____ Dates _____ _____</p>	<p style="text-align: center;"><b>EXERCISE</b> (3 times/wk)</p> <p>Activity _____ Dates _____ _____</p>	<p style="text-align: center;"><b>EXERCISE</b> (3 times/wk)</p> <p>Activity _____ Dates _____ _____</p>	<p style="text-align: center;"><b>PERSONAL CHOICE</b> (Freebie Space)</p> <p>List a behavior change/activity _____</p>	<p style="text-align: center;"><b>BLOOD PRESSURE CHECK</b></p> <p>Date _____  Reading _____</p>	<p style="text-align: center;"><b>BLOOD PRESSURE CHECK</b></p> <p>Date _____  Reading _____</p>
<p style="text-align: center;"><b>EXERCISE</b> (3 times/wk)</p> <p>Activity _____ Dates _____ _____</p>	<p>Name _____</p> <p>Phone Number _____ Ht: _____ Wt: _____</p> <p>Beginning Weight: _____ Date _____</p> <p>Ending Weight: _____ Date _____</p>				<p style="text-align: center;"><b>CHOLESTEROL SCREENING</b></p> <p>Date _____ Reading _____</p>
<p style="text-align: center;"><b>JOIN FITNESS PROGRAM</b></p> <p>Activity _____  Instructor _____</p>	<p>You must complete any 12 of these activities to be eligible for the monthly drawing. The completed form must be dropped off by the 15th of the month for the previous month at any of the following locations: YMCA of Mt. Vernon, Knox County Health Department, or The Center for Rehab &amp; Wellness at Knox Community Hospital on Yauger Road. You may pick up a new form at the time you drop off this one off. <i>Good Luck!</i></p>				<p style="text-align: center;"><b>LIFESTYLE CHANGE</b></p> <p>Write down the change _____</p>
<p style="text-align: center;"><b>ATTEND A LECTURE</b></p> <p>Date _____ Topic _____ Speaker _____</p>					<p style="text-align: center;"><b>LIFESTYLE CHANGE</b></p> <p>Write down the change _____</p>
<p style="text-align: center;"><b>ATTEND A LECTURE</b></p> <p>Date _____ Topic _____ Speaker _____</p>	<p style="text-align: center;"><b>GLUCOSE SCREENING</b></p> <p>Date _____  Reading _____</p>	<p style="text-align: center;"><b>COMPLETE PHYSICAL</b></p> <p>Date _____  Physician Signature _____</p>	<p style="text-align: center;"><b>ONE OF THE FOLLOWING:</b></p> <p>Dental check-up, Prostate exam, Breast exam/PAP, or Mammogram Physician Signature _____</p>	<p style="text-align: center;"><b>STRESS MANAGEMENT</b></p> <p>Write down the change _____</p>	<p style="text-align: center;"><b>LIFESTYLE CHANGE</b></p> <p>Write down the change _____</p>

**Sponsored by:**

YMCA of Mount Vernon • 103 North Main Street • Mount Vernon, OH 43050  
 The Center for Rehabilitation & Wellness at Knox Community Hospital • 1375 Yauger Road • Mount Vernon, OH 43050  
 Knox County Health Department • 11660 Upper Gilchrist Road • Mount Vernon, OH 43050



Here are a few ideas for Exercise Activities, Lifestyle Changes and Stress Management Activities to help you reach your goal:

**Exercise Activities**

- Swimming
- Hiking
- Walking
- Skiing
- Mall Walking
- Climbing stairs
- Running the vacuum cleaner
- Mopping
- Line Dancing
- Aerobics Class
- Golfing

**Lifestyle Changes**

- Decrease/Quit Smoking
- Eating more fruits/vegetables
- Reduce soda intake
- Drink more water
- Limit TV or computer time
- Join in a family activity
- Reduce snacking
- Eat breakfast

**Stress Management**

- Listen to relaxation tape
- Meditate
- Reading
- Exercise