



FamilyFit4Life

FUN • FITNESS • FOOD • FUTURE

DIABETES, WEIGHT ISSUES, SMOKER, COUCH POTATO, WORKING LONG HOURS, EATING ON THE RUN, ALWAYS TIRED, KNOW YOU SHOULD EXERCISE BUT NOT SURE HOW, KIDS SPENDING TOO MUCH TIME IN FRONT OF THE TV/COMPUTER, HIGH BLOOD PRESSURE/CHOLESTEROL, NOT ENOUGH FAMILY TIME

Have you always wanted to improve your health, your fitness, your eating habits? Do you think you and your family could meet your goals if you only had a personal trainer, a nutritionist and a health educator just like those lucky people on TV? Well, here is your chance!



Healthy Harford, in partnership with the Arena Club and Upper Chesapeake Health, is offering five lucky Harford County Families* the opportunity to get Fit4Life!

FamilyFit4Life is a FREE 12-week program, running from March 15th through June 4th, in which five families will be selected to receive free access to the Arena Club facilities, 2 nights a week of personal training, and 1 night a week of nutrition/health education, all in a fun and motivating environment to help improve their health and get Fit4Life.



At the end of the 12-weeks, the family with the most improvement will receive a one-year family membership to the Arena Club, a state of the art Cardiac Heart screening (for adults) from Upper Chesapeake Health, professional home work out equipment, and more...

Here's how to get in the game:

- **Print and fill out an application form (*below*) by February 26th** and send to the Arena Club, 2304 Churchville Road, Bel Air, MD 21015 to the attention of Kathy Wise, or fill out one on-line at www.healthyharford.org.
- **Attend the required information night at the Arena Club on March 4th from 6-7 pm.**



10 finalists will receive free health and fitness testing and be asked to participate in a personal interview with the selection team. From these, 5 families will win a slot in the program.

We are looking for families who are highly motivated to make the switch to a healthier lifestyle, are willing to make a commitment to the 12 week program, and are comfortable sharing their story with others.

FamilyFit4Life is in keeping with Healthy Harford's vision to make Harford County the healthiest community in Maryland by helping people lead more active lifestyles and improve their daily diet.

**Participants must live in Harford or western Cecil County. For purposes of this program, a family is defined as a minimum of one adult and one child.*

