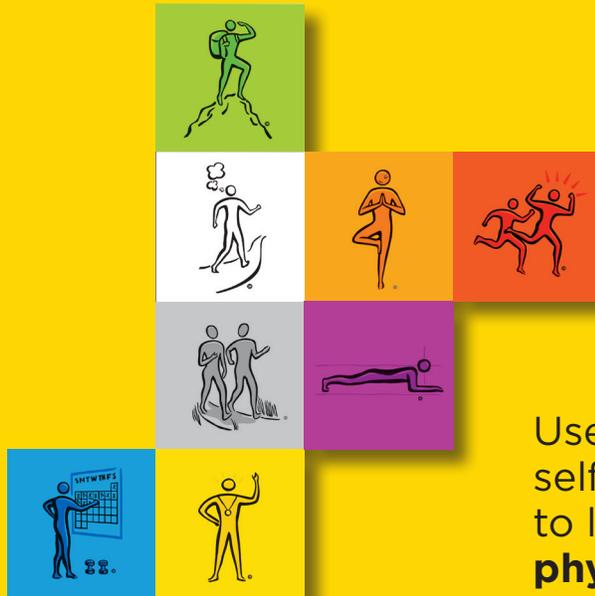


Join us for

Color Me Fit

5-week program



Use the **power** of self-understanding to live a more **physically active** life.

Presented by:

and Florida Blue

Date:

Time:

Place:

Contact:

Did you know you have a fitness personality?

Join us for **Color Me Fit**, a new and inspiring way to think about physical activity! The goal of this groundbreaking 5 week program is to help you understand your fitness personality so you can create an exercise program that feels natural, fits into your lifestyle and that you'll stick with.

During the program you'll:

- Discover your unique color-coded fitness personality
- Learn how to take activity from boredom to enjoyment by embracing your natural personality preferences
- Incorporate physical activity basics in a personalized way, including aerobic activity, strength training and more
- Understand how change happens, and take steps to support the change process

Please note: This program does not include physical activity as part of the sessions. No special clothing or shoes are required.

To register for the event go to:

Florida Blue 

In the pursuit of health®

Florida Blue is an Independent Licensee of the Blue Cross and Blue Shield Association.

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OF FITNESS