



Greetings from Commit 2 Fit!

Not sure where to start with working out at home vs. the gym? There are plenty of resources to get you moving while at home! If you have not joined [our two week Wellness Challenge](#) join now! All daily minutes of Physical Activity and Mindfulness can be tracked online at www.Commit2Fit.com throughout the Challenge.

While being home it is very easy to take part in a sedentary lifestyle. It is important to continue to incorporate physical activity into our daily routine as it offers many health benefits for adults and children. Below are local and national resources to stay moving while at home.

Commit to Fit! will also post daily on our facebook page to help keep you motivated. Don't forget to log in to your account or sign up and start tracking today!
Stay safe, stay home, and care for one another.

Adult & Senior Resources



[Commit to Fit! 14 Day Challenge](#)
[YMCA 360 Health & Fitness Videos](#)
[National Institute on Aging](#)

Child Resources



[Simon Says](#)
[ABC's of Exercise](#)
[UNO Movement](#)

Click [Here](#) to Track Your Minutes of Physical Activity and Healthy Habits Online



One last thing.

Did you know that we connect to over 150 different fitness devices? Once you sync your fitness device to the Commit to Fit! web page, the web page will automatically track your activity for you! Download how to guides here:

[How to register for challenges](#)

[How to sync your device](#)

[How to download the mobile app](#)

Happy to help.

If you have any questions feel free to contact us at commit2fit@flint.org!

- The Commit2Fit staff