



# COMMIT TO BE FIT

**Join Oro Valley Hospital as we encourage our community to get up, get moving, get started and Commit To Be Fit in 2010.**

<b>EVENT</b>	Commit To Be Fit 2010 Kickoff
<b>DATE</b>	Saturday, January 23
<b>TIME</b>	8 a.m. – Noon
<b>LOCATION</b>	Oro Valley Hospital, Classrooms A & B, 1551 East Tangerine Road

## What will happen during the event?

- Health screenings
  - Blood glucose and cholesterol screening  
*(limited to the first 150 people)*
  - Blood pressure screening
  - Body fat percentage
  - Body mass index
  - Waist-to-hip measurement
  - Weigh-in
- Motivational guide and tracking forms
- Fitness and nutrition information
- Information about the Oro Valley Hospital 5k  
(part of the Arizona Distance Classic) and the **FREE** Commit To Be Fit Walking Program
- Healthy refreshments

**You must RSVP for the screenings.  
To RSVP, call 1-866-NW4WELL (1-866-694-9355).**

For more information about this event and the Commit To Be Fit program, visit [orovalleyhospital.com](http://orovalleyhospital.com) or call 901-3535.



# ORO VALLEY HOSPITAL

*\* For the best results with the screenings, do not eat or drink anything except water or black coffee after midnight.*