



Fleming Fitness Consults

When: May 24, 9:00 a.m. - 2:30 p.m.
June 28, 8:00 a.m. - 2:00 p.m.

Where: Regents Room

Register: <https://www.signup4.net/Public/ap.aspx?EID=20101628E&OID=130>

A MHealthy Fitness Consultation is an opportunity to meet with a MHealthy Physical Activity Coordinator to develop your plan for improved fitness.

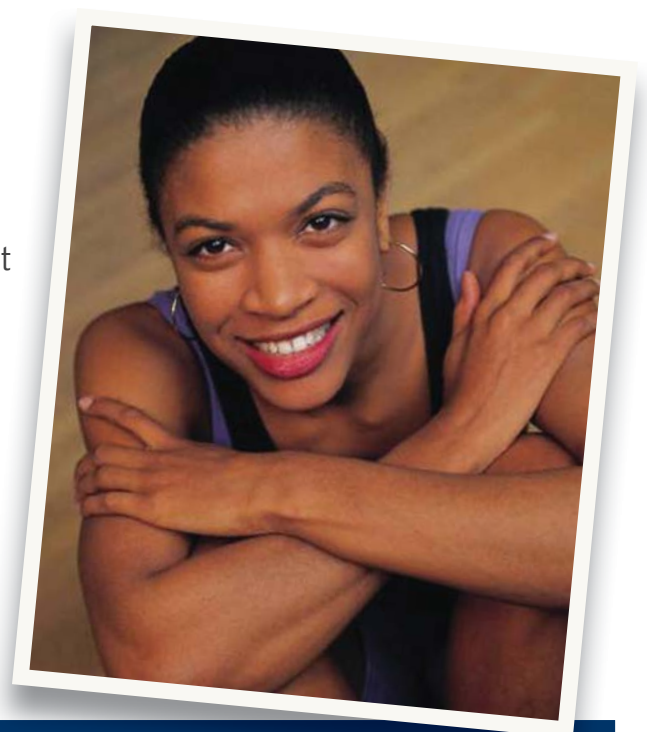
Your consultation includes:

- Thorough discussion to determine your goals, possible barriers (such as health-related issues, time limitations, limited budget, etc.) and other factors related to physical activity and fitness.
- Hands-on demonstration of a variety of exercises that you can do at home or at the gym.
- Personalized physical activity action plan
- Follow-up to check on your progress and answer any questions.

For more information:

Call: 975-3056 (dial all 7-digits)

Email: cmgi@umich.edu



www.mhealthy.umich.edu