

COMMIT TO GET FIT

All ages and fitness levels are welcome!

Join us for an individualized wellness program for participants with one or more health conditions.



"I came in 3 months ago with an A1C of 6.5 and I've gotten that down to 5.9 and I'm off my diabetes medication. Commit to Get Fit offers cardio plus so much more like strength training and working with Janene and Sarah [Diabetes Education RN and Registered Dietitian]. I look forward to being here, I love it!" - Program Participant



Commit to your health today.

**Registration is required.
Call (309) 836-1601**

Program includes:

- **Personalized exercise plan developed specifically for you by exercise physiologists**
- **Exercise twice each week in a state-of-the-art facility**
- **Education regarding the benefits of exercise and components of a healthy diet from registered nurses and dietitians**
- **Development of strategies related to your specific health condition(s)**

WHO: Anyone with one or more health conditions (diabetes, arthritis, etc.)

WHEN: Tuesdays & Thursdays, 1-2 p.m.

WHERE: Sports Medicine and Rehabilitation Department, 3rd floor MDH

COST: \$39 per month



McDonough District Hospital

525 East Grant Street | Macomb, IL 61455 | www.MDH.org