

FIT 5 GAME ON!



*Special
Olympics
Montana*



 Special Olympics
Health
MADE POSSIBLE BY **Golisano** FOUNDATION



Fit 5 is based on the three simple goals of exercising 5 days per week, eating 5 total fruits and vegetables per day, and drinking 5 water bottles of water per day.

JOIN A FIT 5 CLASS!

WHEN:

Fridays, 10:00-11:00 am
Starts on **April 29**

- Runs for 8-weeks
- Limit of 15 athletes

WHERE:

PEAK Health & Wellness Center
1800 Benefis Court
Great Falls

WHO:

**All Special Olympics
Montana athletes**

CONTACT

**Contact Kelly Herda at the
PEAK to register:**
406-403-5749
kstef@hotmail.com



Come enjoy getting fit with your
friends and fellow athletes!