

FIT 5 GAME ON!



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.



EXERCISE
5
days a week



EAT
5
total fruits and
vegetables per day



DRINK
5
water bottles
per day

*Special
Olympics*
Montana



LOGAN
HEALTH

JOIN A FIT 5 CLASS!

WHEN:

Wednesdays, 2:00-3:00 pm
Starts on **June 15**

- Runs for 8-weeks
- Ends August 3

WHERE:

**Logan Health
Performance Center**
3240 US Hwy 2 East
Kalispell

WHO:

**All Special Olympics
Montana athletes**

CONTACT

**Contact Kelly Malmin
with questions at
kmalmin@logan.org**

To Register go to:
<https://forms.gle/1m5rob45Jk8Hxr6N9>

**Come enjoy getting fit with your
friends and fellow athletes!**