



Indiana University Health



## Apply for IU Health's FREE Fresh & Fit Program!

Fresh & Fit is a FREE 10-week program designed to help you feel your best.  
March 4 – May 10, 2024

The program includes:

- **Health screenings:** Attend two health screenings – pre- and post-program – to measure cholesterol, A1C, blood pressure and weight
  - Mandatory screenings take place at IU Health Saxony Hospital (Fishers) and IU Health West Hospital (Avon) the weeks of February 26 and May 6
- **Virtual fitness classes:** Participate in live or recorded virtual fitness classes Monday through Friday. All participants receive free resistance bands for workouts
- **Flexible nutrition plan:** Follow the Mediterranean Diet with tips from IU Health dieticians
- **Free home blood pressure monitor:** Take and report your blood pressure weekly with a free blood pressure monitor from IU Health
- **Support and encouragement** from IU Health program coordinators, fitness and nutrition coaches, and fellow participants
- **T-shirt and completion certificate**

Space is limited, so enroll today!

Sign up by visiting [iuhealth.org/fresh-fit](https://iuhealth.org/fresh-fit) or scan the **QR code**.

\*Fresh & Fit participants do not need to be IU Health patients or have any connection to IU Health facilities or physicians. IU Health team members are not eligible to participate.

