



Cleveland Clinic

Fitness Center



Build Healthier Habits NOW!

Small changes can add up to make a BIG impact! When you make small subtle changes in your daily routine, you are more likely to stick with those changes.

It's up to YOU to make the changes, we will provide you with the tips and tools to make your GOAL a reality!

By registering you will receive:

- ◇ Month calendar of your goals
- ◇ Weekly emails with daily goals and tips to help you along your journey
- ◇ Healthy Recipes
- ◇ Workout Routines

The Healthy Habit Challenge will begin July 2, 2018

Register by June 28, 2018 emailing Julia Jones at jonesj8@ccf.org