



FREE

EHE PILLARS OF FITNESS COURSE

WITH A
CERTIFIED WELLNESS COACH

Decades ago, an HIV diagnosis meant illness and the potential for a shorter life expectancy. Exercise and fitness were not integrated into the HIV care conversation. Today, we know that physical activity is both safe and beneficial to those living with HIV.

COURSES INCLUDE:

- **AEROBIC, STRENGTH, FLEXIBILITY AND CORE WORKOUTS BASED ON YOUR LEVEL OF FITNESS**
- **WEEKLY CLASSES PROVIDED BY MCPHD'S EHE PROGRAM**
- **MY FITNESS PAL APP**
- **ACCESS TO FITNESS VIDEOS**

Participants will receive a FREE Fitbit fitness tracker upon completion of the course

For more information, contact:
EHEengage@marionhealth.org or call 317-221-2011
Dates /Times TBD

