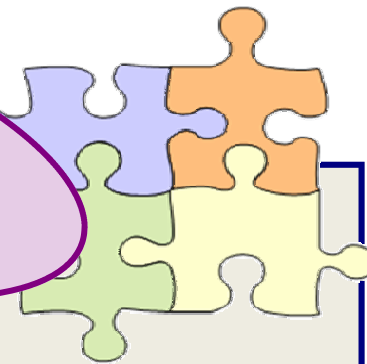


Fitness Puzzle

Week 7



What are you putting off???

Below, you will find several suggestions to get your mind going in the right direction!

- Yearly physical
- Yearly blood work
- Flu shot
- Eye doctor
- Dentist (6 month cleanings)
- Monthly self breast exam
- Monthly self testicular exam
- Seat belt
- Put down your phone (don't text and drive)
- Sunscreen
- Colonoscopy
- Pap smear
- Mammogram
- Relationships (what conversations are you putting off?)

