

## **FIT BLUE**

Fit Blue is a community-based campaign to increase physical activity and health awareness in the Commonwealth of Kentucky. Building physical activity into the day does not require special equipment or a certain location. As you take part in Fit Blue, you will have tools to transition to a more active lifestyle focusing on eating healthier, moving more, and practicing mindfulness. Fit Blue was developed to encourage people to live and experience healthy behaviors. Each week, you will receive educational materials on making healthier food options at home, getting more physical activity, and learning simple solutions for improving your mental health. Download the app and register today! The four-week challenge begins on July 1, 2019. If you have questions or difficulty registering, please call the Carter County Extension Office at (606) 474-6686.