



Join a fitness training program and develop a healthy lifestyle through fitness. Sign up your company team, yourself, or your friends and family.

### **Get Fit Training**

- Log on [www.GetFitKPOC.org](http://www.GetFitKPOC.org) for fitness program tools designed for all levels of fitness, from couch potatoes to competitive runners
- 24-hour/365 day access to tools, podcasting and detailed information on fitness, nutrition and other healthy living management materials

### **Fitness Events**

- Check out the listing of local fitness events taking place throughout Orange County on the website.
- Sign up, set a goal and participate in an event.

Sign up at [www.GetFitKPOC.org](http://www.GetFitKPOC.org) for more information