



Health *Plus* has Wii Fit!

What is Wii Fit?

Wii Fit is a combination of fitness and fun, designed for everyone. By playing Wii Fit a little every day, you can work towards personal goals of better health and fitness.

Come to Health *Plus* for a Wii Fit Demonstration:

Tuesday, January 13	11:30am
Wednesday, January 14	3:30pm & 5:30pm
Thursday, January 15	7:30pm
Friday, January 16	6:30am
Saturday, January 17	10:00am

If you are interested in trying the Wii Fit, but cannot make the above times, please call Health Plus at 936-5698 to schedule a Wii Fit appointment.

