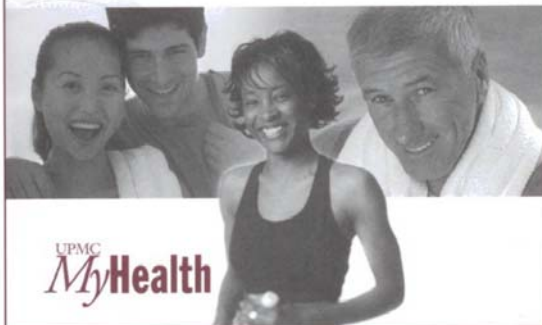


WORKING OUT HAS JUST BECOME EASIER!

You can now enroll in YMCA worksite fitness classes online. To enroll, go to "Take a Healthy Step" on *MyHealth OnLine*, available through My HUB.

Participating in a worksite fitness class will help you meet your 2009 *MyHealth* Requirements as part of the "Take a Healthy Step" campaign.

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