

# Health Webinar

## Exercise: Fit Just for You!

### Find your Fitness Personality

- Complete your assessment
- Discover the best exercises for you
- Put it into practice



**Date:**

**Time:**

**To register:** [https://virginpulse.zoom.us/webinar/register/WN\\_K0g2zC6tReyQfw4v0SFTGg](https://virginpulse.zoom.us/webinar/register/WN_K0g2zC6tReyQfw4v0SFTGg)

