



Diabetes Prevention Services

DIABETES PREVENTION SERVICES

❖❖ FITNESS CHALLENGE ALERT! ❖❖

COMMIT 2 FIT CHALLENGE

FEBRUARY 2026

Get ready for the COMMIT 2 FIT Fitness Center and Group Exercise Class Challenge! This exciting 8-week program is designed to help you uncover your best self while enjoying a fun and rewarding fitness journey. You can join our team at the Diabetes Prevention Services Fitness Center, participate in group exercise classes at Ske:g Himdag Ki, or even do both to achieve your goals more effectively.

LEARN MORE ➔

Michelle.Long@SRPMIC-nsn.gov