



Let's get **moving!**

ActiveTrac is a fun, FREE online program that makes it easier for you and your family to be more active together.

### ***It's simple!***

**REGISTER** at [GoshenHealth.com/activetrac](https://GoshenHealth.com/activetrac)

**MOVE** your body – you decide what, where and when

**TRACK** your progress

**EARN** rewards for participating

**GET** support and resources to help

**HAVE FUN** getting healthy with your friends and family



**Goshen Health**

Join today and take the first step toward a healthier lifestyle!

Visit [GoshenHealth.com/activetrac](https://GoshenHealth.com/activetrac) or call **(574) 364-2496**