

## Onslow CHIP TIP



*It's June ... is your  
workout in bloom?*

**Is your workout  
just sprouting, in bud or in full bloom?  
No matter what phase your workout is in, just  
making small changes to your exercise or diet can  
make a positive impact toward a healthy lifestyle!**



Onslow CHIP is a certified Healthy  
Carolinians agency.  
Visit us at: [www.onslowchip.org](http://www.onslowchip.org)

Fresh From The Farm...

