



Fit To Win Classes



Which ones are for You?

FIT TO WIN DEBRIEF

This is the first step in the Fit To Win program. You will receive the results of your wellness profile and learn which significant risks were identified. In order for you to learn new health lifestyle behaviors or maintain current ones, you will be presented with an overview of the classes and special programs available at Fit To Win.

EXERCISE BRIEFING

Attendance at this class is mandatory if you intend to participate in the Fit To Win exercise testing program. Learn about the BOD POD body composition test, ultrasound bone density screening, running shoe clinic and the Runner's Program. Understand what types of aerobic testing are available and who will benefit from each.

Educational Classes

Preventing Running Injuries



This class is designed for individuals who run as a part of an exercise regime or would like to begin running. Topics covered include: Learning the common errors that may cause injuries and how to avoid them; and learning to treat injuries that have already occurred.

Quit To Win/Tobacco Cessation

Interested in quitting smoking? Why not try the "Tobacco Boot Camp" program? Support and information are provided on handling the first three weeks of quitting smoking and the withdrawal symptoms one may experience. Specifically, there is an introduction to methods and tools that are useful in quitting and staying quit for life. Individuals will apply the coping skills learned and have greater success during the more challenging times. Health issues are discussed as well as diet/nutrition/exercise information given to help reduce weight gain. Medications associated with quitting smoking are discussed by a provider in the third class session. Prescriptions for active duty are then submitted to the pharmacy after meeting with the provider

Exercise 4 Weight Management

This class outlines exercise strategies for individuals who are attempting to lose weight and/or maintain a healthy body weight. Among the topics addressed are exercise program design, evidence-based techniques to optimize results, and how to avoid common training mistakes.

Behavior Modification 4 Weight Mgmt.

This class is designed as an introduction to the Fit To Win Weight Management Program process. Participants will begin the journey that will move you from thinking about weight loss to actionable behavior that will foster fitness and portion control - two vital components of long term body fat loss.

Why Do I Hurt?

Have you gone to the doctor for muscle or joint pain, only to be told that everything is normal? Then you should attend this class. Learn how poor posture, repetitive movements and aging contribute to injury and pain.

Nutrition Classes

Nutrition 4 Weight Mgmt.

(2 Weight Mgmt Classes & Program)

This class will teach participants how to use time-tested nutrition fundamentals and exciting emerging research to create an eating pattern that works for you. You will discover how different foods and behavior can affect appetite and body weight. Using minimally processed whole foods, you will learn how to create templates and routines that support meal planning consistency, “go to” healthy snacks, portion control and good health.

Mindful Eating

This class delves deeper into the insidious nature of mindless eating. Learn stealth health strategies for altering your environment to create “effortless” healthy habits.

Sports Nutrition

(Endurance Training held quarterly)

This class is for individuals looking for tips on how to enhance their endurance levels. Participants will learn the role of carbohydrates, protein, and fat in sports performance. Participants will learn to calculate nutrition prescriptions to support their activity level.

Heart Healthy Classes

Healthy Heart Nutrition Workshop (Cholesterol Management)

This class appeals to those individuals who are just beginning to learn about the correlation between diet and high cholesterol and/or hypertension. This class focuses on the DASH (Dietary Approaches to Stop Hypertension) diet and NIH’s Therapeutic Lifestyle Changes (TLC). This class contains up to date information on the roles of anti-oxidant vitamins, omega-three fatty acids, monounsaturated fats, fiber and their effect on your blood lipids.

Understanding Heart Disease

(Taught by our DTHC cardiologist)

This class covers how coronary artery disease develops over time. Topics include how plaques form in the arteries, the effect of cholesterol and blood pressure on coronary artery disease, and routine testing that is done to screen for disease.



Diabetes Management

This program is for individuals who have fasting blood glucose values above 100 (pre-diabetes) and for diagnosed diabetics. This class has two components. The first part discusses nutrition management of pre-diabetes and diabetes. The second part is for individuals who have been prescribed a blood glucose monitor and need to learn how to use the device.

Blood Pressure Management

This class is designed for individuals who are hypertensive, pre-hypertensive or whose blood pressure is being controlled through medication. Participants will learn the recommended daily intake of sodium, potassium, calcium, caffeine, and magnesium for blood pressure control. Participants will discuss the role cardiovascular exercise, sleep and nutrition play in controlling blood pressure. Participants may also enroll in the blood pressure follow-up program to track dietary changes and blood pressure measurements.

