



Pentagon Fit To Win Program

May 2013



Class Schedule

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
2	Goal Setting For Life (with MFLC)	1000-1100
3	Debrief/Exercise Orientation	1000-1100
7	Sleep Fitness	1100-1200
7	*Quit To Win/Tobacco (1 of 3)*	1200-1300
8	*Weight No More (1 of 2)*	1100-1200
8	Preventing Running Injuries	1200-1300
9	Diabetes Management	0830-1100
9	Meal Planning	0900-1000
10	Debrief/Exercise Orientation	1000-1100
13	Understanding Heart Disease	1100-1230
14	Why Do I Hurt?	1100-1200
14	*Quit To Win/Tobacco (2 of 3)*	1200-1300
15	*Weight No More (2 of 2)*	1100-1200
15	Fitness Over Fifty	1200-1300
16	Cholesterol Management	1100-1230
17	Debrief/Exercise Orientation	1000-1100
21	Mindful Eating	1100-1200
21	*Quit To Win/Tobacco (3 of 3)*	1200-1300
22	Preventing Running Injuries	1200-1300
23	Diabetes Management	0830-1100
23	Blood Pressure Management	1100-1200
24	Debrief/Exercise Orientation	1000-1100
28	Why Do I Hurt?	1100-1200
29	Stand Up and Move	1100-1200
31	Debrief/Exercise Orientation	

Call 692-8898 to register for FTW classes

Provider Referrals for the Running Shoe clinic and/or a Posture/Movement Analysis must attend the PRI class and/or the "Why Do I Hurt" class b4 scheduling an appointment.

***Denotes that the classes must be attended in order (no exceptions)**

All military & civilian employees assigned to the Pentagon are eligible to attend Fit To Win classes.