

# Pentagon Fit To Win Program



## March 2016 Class Schedule

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
3	Diabetes Management	0930-1100
7	Healthy Heart Class	1100-1200
9	Eat More, Weigh Less	1100-1200
17	Real Age and You	1330-1500
21	Healthy Heart Class	1100-1200

### *Healthy Heart (Cholesterol/Hypertension)*

Learn about the correlation between diet and high cholesterol and/or hypertension. Receive 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.

### *Eat More, Weigh Less*

Develop sustainable eating habits that feel more like dining than dieting. Learn to use time-tested nutrition fundamentals and emerging research to create an eating pattern that works for you.

### *Diabetes Management*

Participants will learn exchange list for planning meals as well as carbohydrate counting and managing blood glucose levels.

**REAL AGE AND YOU: The Cleveland Clinic Experience on Controlling Your Genes and What it Means for You @ The Pentagon Auditorium**  
Award-winning author and Chief Wellness Officer at the Cleveland Clinic, Michael Roizen M.D. will discuss the latest advances in aging science and practical steps to achieve a longer and healthier lifespan

**Call 692-8898 to register for FTW classes**

All military & civilian employees assigned to the Pentagon are eligible to attend Fit To Win classes.  
**Call 692-8898 for assistance**