

# Pentagon Fit To Win Program

November 2016

## Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
2	<i>The Healthy Weigh</i>	1100-1200
3	<i>Diabetes Management</i>	1100-1200
7	<i>Healthy Heart</i>	1100-1200
8	<i>Meal Planning for the Holidays</i>	1100-1200
8	<i>Preventing Running Injuries</i>	1200-1300
9	<i>Behavior 4 Weight Management</i>	1100-1200
10	<i>Why Do I Hurt?</i>	1100-1200
15	<i>Sports Nutrition</i>	1100-1200
16	<i>The Healthy Weigh</i>	1100-1200
16	<i>Beyond Mars and Venus (Relationship Seminar)</i>	1100-1200
17	<i>Diabetes Management</i>	1100-1200
17	<i>Great American Smoke-Out Fair</i>	0900-1100
21	<i>Healthy Heart</i>	1100-1200

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1	<i>Diabetes Management</i>	1100-1200
5	<i>Healthy Heart</i>	1100-1200
6	<i>Meal Planning for the Holidays</i>	1100-1200
6	<i>Preventing Running Injuries</i>	1200-1300
7	<i>The Healthy Weigh</i>	1100-1200
8	<i>Why Do I Hurt?</i>	1100-1200
12	<i>Sports Nutrition</i>	1100-1200
14	<i>The Healthy Weigh</i>	1100-1200
14	<i>Behavior 4 Weight Management</i>	1200-1300
15	<i>Diabetes Management</i>	1100-1200
19	<i>Healthy Heart</i>	1100-1200

Red= Healthy Heart classes Blue = Weight Management classes Green = General Education classes

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

## *Behavior For Weight Management*

Learn motivation techniques and the tools to set realistic goals, control your home and work environment and manage your daily food intake.

## *Diabetes Management*

Learn exchange lists for planning meals as well as carbohydrate counting and managing blood glucose levels if you have been diagnosed with diabetes and/or pre-diabetes.

## *Healthy Heart (Cholesterol/Hypertension)*

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.

## *The Healthy Weigh*

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

## *Meal Planning for the Holidays*

Understand the importance of a well-balanced diet as it relates to health and the holidays. Get resources to aid in planning and preparing appropriate meals for you and your family.

## *Preventing Running Injuries*

Identify major running injuries, reasons, and how to rehab them. Identify training principles to enhance running.

## *Sports Nutrition*

Learn the role of carbohydrate, protein and fat specific to sports performance. Calculate the nutrition prescription that will support your activity level.

## *Why Do I Hurt?*

Learn how poor posture, repetitive movements, and aging contribute to injury and pain.

*The Great American Smoke-Out Fair will be on the 2<sup>nd</sup> floor at the Apex of Corridors 9& 10 come out and see what resources DTHC has to offer for tobacco cessation*

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