



# Pentagon Fit To Win Program



## September 2016

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
7	The Healthy Weigh	1100-1200
8	Diabetes Management	0930-1100
9	*Women's Running Seminar @ PLC2*	0900-1200
12	Healthy Heart Class	1100-1200
14	Preventing Running Injuries	1200-1300
19	Sports Nutrition	1100-1200
21	The Healthy Weigh	1100-1200
22	Diabetes Management	0930-1100
26	Healthy Heart	1100-1200

### *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.

### *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.

### *Sports Nutrition*

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

### *\*Women's Running Seminar\**

Topics include: Running Injury and Injury Prevention, Nutrition for the Female Athlete, Pelvic Floor Considerations and Running Biomechanics - Limited seating registration required.

### *Preventing Running Injuries*

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

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