

# Pentagon Fit To Win Program



## November 2015 Class Schedule

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
9	<i>Healthy Heart</i>	1100-1200
11	<i>Nutrition 4 Weight Management</i>	1100-1200
16	<i>Diabetes Management</i>	0930-1100
18	<i>Diets: The Good, The Bad, The Ugly</i>	1100-1200
19	<i>Great American Smoke-Out Fair</i>	1100-1300
23	<i>Healthy Heart</i>	1100-1200

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

This class appeals to those individuals who are just beginning to 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.

### *Nutrition 4 Weight Mgmt.*

Participants will 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*

This class is for individuals who have been diagnosed with diabetes and/or pre-diabetes. Participants will learn exchange list for planning meals as well as carbohydrate counting and managing blood glucose levels.

### *Diets: The Good, The Bad, The Ugly*

Confused about diets? This class will explain the pros and cons of different dietary approaches as they relate to weight loss and health.

Stop by our info table on the 2<sup>nd</sup> floor apex of 9 and 10 on 19 Nov. or make an appointment to discuss your options for tobacco cessation support

Call 692-8898 to register for class and/or for information on other services FTW offers

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