



Pentagon Fit To Win Program



October 2015 Class Schedule

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
5	Healthy Heart	1100-1200
14	Nutrition 4 Weight Management	1100-1200
19	Healthy Heart	1100-1200
21	Sugar, Salt & Fat...The science behind cravings	1100-1200
TBD	Diabetes Management	0930-1100

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.

Sugar, Salt & Fat...The science behind cravings

Participants will learn how to identify the addictive qualities of processed foods and the detriments they could pose to your overall health.

Call 692-8898 to register for FTW classes or for information on Tobacco Cessation, healthy sleep & other services available.

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