

# Pentagon Fit To Win Program



## December 2014 Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
3	Behavior Change 4 Weight Mgmt.	1100-1200
3	*Quit To Win/Tobacco (1 of 3)*	1200-1300
4	Blood Pressure Management	1100-1200
5	Working Moms: Lunch and Learn	1100-1200
8	Why Do I Hurt?	1100-1200
8	Prevent Running Injuries	1200-1300
9	Understanding Heart Disease	1100-1230
10	Nutrition 4 Weight Mgmt. (1)	1100-1200
10	*Quit To Win/Tobacco (2 of 3)*	1200-1300
11	Diabetes Management	0930-1100
12	Healthy Sleep Patterns	1100-1200
15	Cholesterol Management	1100-1230
16	Sports Nutrition	1100-1200
17	Exercise 4 Weight Management	1100-1200
17	*Quit To Win/Tobacco (3 of 3)*	1200-1300
18	Nutrition 4 Weight Mgmt. (2)	1100-1200

Call 692-8898 to register for FTW classes

*\*Denotes that classes must be attended in order (no exceptions).*

Check us out at [www.dthc.capmed.mil](http://www.dthc.capmed.mil)

*\*classes in red are heart healthy classes \*classes in blue are weight mgmt.  
Classes \*Classes in green are general education classes*

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

### ***Blood Pressure Management***

Designed for individuals who are hypertensive, pre-hypertensive or whose blood pressure is being controlled through medication. Participants will learn what high blood pressure is and how to manage it using diet, exercise, and behavior modification.

### ***Cholesterol-Healthy Heart (90 minute class)***

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 is presented.

### ***Diabetes Management (90 minute class)***

This program is for individuals who have fasting blood glucose values above 100 (pre-diabetes) and for diagnosed diabetics. Learn how to manage diabetes and pre-diabetes through nutrition.

### ***Understanding Heart Disease***

This class covers how coronary artery disease develops over time. Learn how plaques form in the arteries and the effect of cholesterol and blood pressure on coronary artery disease.

### ***Healthy Sleep Patterns***

Learn about the normal physiological process of sleep and true insomnia versus disrupted sleep patterns. Participants will be guided through the process of initiating healthy sleep habits.

### ***Behavior Modification 4 Weight Management***

Begin the Journey that will move you from thinking about weight loss to actionable behavior that will foster fitness and portion control—two vital components of long term body fat loss.

### ***Nutrition 4 Weight Management (2 part class)***

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.

### ***Exercise 4 Weight Management***

Teaching exercise strategies to individuals who are attempting to lose weight and/or maintain a healthy body weight. Learn about exercise program design, evidence based techniques to optimize results, and how to avoid common training mistakes.

### ***Mindful Eating***

This class delves deeper into the insidious nature of mindless eating. Learn stealth health strategies for altering your environment to create “effortless” healthy habits.

### ***Preventing Running Injuries***

Learn how to: (1) identify, prevent, and treat major running injuries; (2) necessary components of training for runners; and (3) presentation of running shoe technology.

### ***Sports Nutrition***

This class is for individuals looking for tips on how to enhance their endurance levels. Participants will learn the role of carbohydrates, protein, and fat in sports performance.

### ***Tobacco Cessation/Quit to Win (3 part class)***

This class provides an introduction to methods and tools that are useful in quitting tobacco and staying quit for life.

### ***Why Do I Hurt?***

Have you gone to the doctor for muscle or joint pain, only to be told that everything is normal? Learn how poor posture, repetitive movements and aging contribute to injury and pain.

### ***Working Moms: Lunch and Learn***

This class focuses on the Pentagon and Mark Center Nursing Mothers Program guidelines and different topics suggested by nursing mothers.

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