



Pentagon Fit To Win Program



January 2014 Class Schedule

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
3	Debrief/Exercise Orientation	1000-1100
6	Understanding Heart Disease	1100-1230
7	Why Do I Hurt?	1100-1200
7	*Quit To Win/Tobacco (1 of 3)*	1200-1300
8	*Weight No More (1 of 2)*	1100-1200
8	Preventing Running Injuries (PRI)	1200-1300
9	Diabetes Management	0930-1100
9	Office Work-Out	1100-1200
10	Debrief/Exercise Orientation	1000-1100
13	Cholesterol Management	1100-1230
14	Blood Pressure Management	1100-1200
14	*Quit To Win/Tobacco (2 of 3)*	1200-1300
15	*Weight No More (2 of 2)*	1100-1200
16	Fitness Over Fifty	1000-1100
16	Mindful Eating	1100-1200
17	Debrief/Exercise Orientation	1000-1100
21	Why Do I Hurt?	1100-1200
21	*Quit To Win/Tobacco (3 of 3)*	1200-1300
22	Meal Planning	1100-1200
22	Preventing Running Injuries (PRI)	1200-1300
23	Diabetes Management	0930-1100
24	Debrief/Exercise Orientation	1000-1100
27	Sports Nutrition	1100-1200
31	Debrief/Exercise Orientation	1000-1100

Call 692-8898 to register for FTW classes

Provider referrals for the shoe clinic and/or a movement/posture analysis must attend the PRI class and/or the "Why Do I Hurt?" class b4 receiving an appointment.

****denotes that classes must be attended in order (no exceptions)***

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