



Pentagon Fit To Win Program



September 2013

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
3	*Quit To Win/Tobacco (1 of 3)*	1200-1300
4	*Weight No More (1 of 2)*	1100-1200
4	Prevent Running Injuries	1200-1300
5	Blood Pressure Management	1100-1200
6	Debrief/Exercise Orientation	1000-1100
10	Why Do I Hurt?	1100-1200
10	*Quit To Win/Tobacco (2 of 3)*	1200-1300
11	*Weight No More (2 of 2)*	1100-1200
11	Office Work-Out	1200-1300
12	Fitness Over Fifty	1100-1200
13	Debrief/Exercise Orientation	1000-1100
17	Cholesterol Management	1100-1230
17	*Quit To Win/Tobacco (3 of 3)*	1200-1300
18	Prevent Running Injuries	1000-1100
18	Meal Planning	1100-1200
19	Diabetes Management	0930-1100
20	Debrief/Exercise Orientation	1000-1100
24	Why Do I Hurt?	1100-1200
27	Debrief/Exercise Orientation	1000-1100
26	Mindful Eating	1100-1200

Call 692-8898 to register for FTW classes

Provider referrals for the Running shoe clinic and/or Posture/Movement 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***

Debrief class has moved back to Fridays at 10am

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