



SEPTEMBER



OCTOBER

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
	Meal Planning 1100-1200			
9 Healthy Heart 1100-1200	10 Sports Nutrition 1100-1200	11 The Healthy Weigh 1100-1200	12 Diabetes Management 1200-1300	13
16 Strength Training: Max Results Minimum Time 1100-1200	17 Meal Planning 1100-1200 Preventing Running Injuries 1200-1300	18 Sleep Optimization 1100-1200		
23 Healthy Heart 1100-1200	24 Why Do I Hurt? 1100-1200	25 The Healthy Weigh 1100-1200	26 Diabetes Management 1200-1300	27
30				Class descriptions are outlined on the reverse side

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Strength Training for Women 1100-1200	3	4
7 Healthy Heart 1100-1200	8 Women's Health Overview 1200-1300	9 The Healthy Weigh 1100-1200	10 Diabetes Management 1200-1300	11
14	15 Sports Nutrition 1100-1200	16 Why Do I Hurt? 1100-1200	17	18
21 Healthy Heart 1100-1200	22 Meal Planning 1100-1200 Pelvic Floor Fitness 1200-1300	23 The Healthy Weigh 1100-1200 Preventing Running Injuries 1200-1300	24 Diabetes Management 1200-1300	25
28	29 Strength Training For Women 1200-1300			Class descriptions are outlined on the reverse side

CLASS DESCRIPTIONS:

Diabetes Management: Learn exchange lists for planning meals as well as carbohydrate counting and managing blood glucose levels if you have been diagnosed with diabetes and/or pre-diabetes. ***Nutrition class***

Healthy Heart (Cholesterol/Hypertension): 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 class***

The Healthy Weigh: 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. ***Nutrition class***

Meal Planning and Prep: Explore how managing your Macronutrient intake while limiting processed foods and refined sugars can help support your weight loss, strength training and endurance athletics goals. ***Nutrition class***

Prevent Running Injuries: Identify major running injuries, reasons, and how to rehab them. Identify training principles to enhance running.

Women's Health Series: Topics will include; Women's Health Overview, Pelvic Floor Fitness and Strength Training for Women (2 classes with different topics of interest).

Sleep Optimization: Learn about the consequences of sleep deficiency, the sleep wake cycle, circadian rhythm and the signs of inadequate sleep.

Sports Nutrition: Learn the role of carbohydrate, protein and fat specific to sports performance. Calculate the nutrition prescription that will support your activity level. ***Nutrition class***

Strength Training: Maximum Results in Minimum Time: Discuss the benefits of strength training to maximize physical fitness. Learn how to put together a plan that is prudent, productive, time-efficient and goal-oriented.

Why Do I Hurt? : Learn how poor posture, repetitive movements, and aging contribute to injury and pain.

Sleep Optimization and Tobacco Cessation services are offered via scheduled appointment with the Nurse Educator.

Check us out at www.dthc.capmed.mil

Call 692-8898 for assistance

