



# PENTAGON FIT TO WIN PROGRAM



## APRIL 2014 Class Schedule

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
1	Preventing Running Injuries	1200-1300
2	*Weight No More (1 of 2)*	1100-1200
2	*Quit To Win/Tobacco (1 of 3)*	1200-1300
3	Diabetes Management	0930-1100
3	Blood Pressure Management	1100-1200
4	Debrief/Exercise Orientation	1000-1100
7	Understanding Heart Disease	1100-1230
8	Why Do I Hurt?	1100-1200
9	*Weight No More (2 of 2)*	1100-1200
9	*Quit To Win/Tobacco (2 of 3)*	1200-1300
10	Fitness Over Fifty	1100-1200
11	Debrief/Exercise Orientation	1000-1100
14	Cholesterol Management	1100-1230
15	Preventing Running Injuries	1200-1300
16	Sleep Hygiene (call 692-8917 to register)	1000-1100
16	Office Work-Out	1100-1200
16	*Quit To Win/Tobacco (3 of 3)*	1200-1300
17	Diabetes Management	0930-1100
18	Debrief/Exercise Orientation	1000-1100
21	Meal Planning	1100-1200
22	Why Do I Hurt?	1100-1200
23	Mindful Eating	1100-1200
24	Sports Nutrition	1100-1200
25	Debrief/Exercise Orientation	1000-1100

**Call 692-8898 to register for FTW classes**

**Provider referrals for the shoe clinic and/or a Posture/Movement Analysis must attend the PRI class and/or the "Why Do I Hurt?" class b4 receiving an appointment.**

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

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