



# Pentagon Fit To Win Program

January 2004  
Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
2	Debrief/Exercise Lecture	1000-1130
5	Cholesterol Reduction	1100-1200
6	Self Care	1200-1300
7	Hypertension	1100-1200
7	Quit To Win (1 of 3)	1200-1300
9	Debrief/Exercise Lecture	1000-1130
12	Meal Planning	1100-1200
12	Stress Management	1200-1300
14	Eat To Win (1 of 2)	1100-1200
14	Quit To Win (2 of 3)	1200-1300
16	Debrief/Exercise Lecture	1000-1130
20	Self Change	1100-1200
20	*Taking Care of Yourself *(Tricare)	1100-1200
21	Quit To Win (3 of 3)	1200-1300
23	Debrief/Exercise Lecture	1000-1130
23	Nutrition for Peak Performance (Tricare)	1200-1300
26	Men's Health	1100-1200
27	Preventing Running Injuries	1100-1200
28	Eat To Win (2 of 2)	1100-1200
30	Debrief/Exercise Lecture	1000-1130

For emotional concerns and support call the Life Skills Center at 692-8898  
Call Physical Therapy at 703-692-8981 for ergometry and healthy back classes

\* \* Denotes class available to active duty only participants

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

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