

YOU BET YOUR WEIGHT SCHEDULE 2018

INITIAL WEIGH-INS – FITNESS CENTER

Monday April 9 – 3:00 – 4:00 pm

Tuesday April 10 – 11:00 – 11:45 am & 4:00-5:00 pm

WEEK 1

***Individual nutrition consults offered this week on Friday – a separate email will have more details*

How to get more fruits & veggies and healthy swaps - Twila Linville, Dietetic intern

Learn how to incorporate more fruits & vegetables in to your diet, as well as some healthy swaps you can make.

Monday April 9, 12:15-12:45

Room 2-7544 (near yellow elevators)

Tuesday April 10, 4:45-5:15

Room G-9576 (LeChase)

Exercises you can do at home (or anywhere) - Michael Washington, Certified Personal Trainer

2 bonuses for attending both classes

Thursday April 12, 12:15-12:45

Fitness Center studio

WEEK 2

Individual nutrition consults offered this week on Friday – a separate email will have more details

MyPlate and the Mediterranean Diet: Dietary Patterns for a happy, healthy lifestyle - Melissa Gingold, Dietetic intern

Monday April 16, 4:45-5:15; Weigh-ins will be from 4:35-4:45 and directly after

Room 2-7535

Tuesday April 17, 12:15-12:45; Weigh-ins will be from 12:05-12:15 and directly after

Room G-8534 (Anderson)

Exercises you can do at home (or anywhere) - Michael Washington, Certified Personal Trainer

2 bonuses for attending both classes

Thursday April 19, 12:15-12:45

Fitness Center studio

Weigh-ins at the Fitness Center:

Mon	Apr 16	10:30-11:30
Tue	Apr 17	4:00-5:00
Wed	Apr 18	12:30 – 1:30

WEEK 3

How to Grocery Shop for Your Health - Beth-Else Schussler, Dietetic intern

Learn how to create a healthy shopping list and pick the best foods while at the grocery store.

Monday April 23, 4:45-5:15; Weigh-ins will be from 4:40-4:45 and directly after

Room 1-9525 (Northeastern)

Tuesday April 24, 12:15-12:45; Weigh-ins will be from 12:05-12:15 and directly after

Room 2-7536

Weigh-ins at the Fitness Center:

Mon	Apr 23	10:30-11:30
Tue	Apr 24	4:00-5:00
Wed	Apr 25	12:30 – 1:30

We are also planning a **FIT CAMP** for Friday April 27

This will be a 2 hour program to get you started on the path to exercise and eating right. You will get information from a trainer, a dietetic intern and a class instructor. Plus you will get to see what various classes are like, and be able to ask questions. There are 2 sessions – one at 12p and one at 3:30. Location: Fitness Center. Cost: \$10

WEEK 4

Receive one bonus point for any one class offered at the Fitness Center (*Premium classes included – free of charge!*)

Interactive Session – Lee Ann Fahy, Fitness Center

WEEK 5

WEEK 6

**please call x52437 to schedule a special weigh-in if these times do not work for you*