

2017 NUTRITION: **FUEL TO FIGHT** COMBAT FIT WORKSHOPS **JUL - NOV | FREE & OPEN TO ALL HANDS**

FUELED TO FIGHT

Nutrition for Performance:

Education Center (Bldg 1530)
Every 4th Thursday: 2 - 3:30pm
(Holidays Permitted)

You are what you eat. Learn how nutrition can improve combat readiness and physical performance while preventing injuries and minimizing recovery time.

Basic Nutrition 101:

Education Center (Bldg 1530)
Every 2nd Thursday: 2 - 3:30pm
(Holidays Permitted)

Learn the basics of healthy eating and weight management. This course is great for those on a Body Composition Program.

COMBAT FIT

West Gym (Bldg. 1518)
Wednesdays: 2 - 3:30pm

One hour practical application brief to orientate participants to fitness facilities and educate patrons on exercise recommendations and skill related components of fitness.

REGISTRATION REQUIRED

760.830.5386/6857

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FIT**

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