

2018

FUEL TO FIGHT

COMBAT FIT WORKSHOPS

FUELED TO FIGHT

Nutrition for Performance/Injury Prevention

2nd Tuesday of the month; Bldg. 1530 Education Center 10 - 11:30pm

You are what you eat. Learn how nutrition can improve combat readiness, physical performance, prevent injury and minimize recovery time.

Men's Health

2nd Thursday of the month; Bldg. 1530 Education Center 2 - 3pm

Women's Health

Last Tuesday of the month; Bldg. 1530 Education Center 10 - 11am

Take charge of your health. Discover gender-specific resources that lead to a healthy lifestyle.

COMBAT FIT

Move It to Lose It (PT attire recommended):

2nd Wednesday of the month; (call for monthly location) 9 - 11:30am

Learn about the equipment in the fitness facilities and develop a complete workout program, as well as basics of healthy eating and weight management. A great course for those on BCP.

ACTIVE MOMS

Mommy & Me (PT attire recommended):

Last Thursday of the month; Bldg. 1004 Community Center 10 - 11am

Maintain a high level of fitness pre/postnatal with exercises that will create a healthy, active lifestyle for you and your baby.



REGISTRATION REQUIRED

760.830.5386/6857

29Palms.HealthPromotions@usmc-mccs.org

FREE & OPEN TO ALL HANDS

SEMPER
FIT

Health
Promotion

