

Health, Nutrition & Fitness Classes coming soon!!

Dear Fitness Friends;

It is important for all of us to be concerned about our health and maintain a lifestyle of eating healthy and exercise. If you are taking medications and visiting your doctor regularly, I know that you are facing the high cost of medical bills and medications. Healthy eating and exercise could potentially help reduce those costs.

Let me take this opportunity to bring awareness of health, nutrition and fitness for you, your family members and friends. I am hosting a health seminar and a four weeks behavioral change class and the objectives are to teach and motivate you to change your nutrition habits. The group will meet once a week for 1-2 hours to train and how to include exercise in your daily routine. Listed below are the health topics that will be covered during the class.

Health & Lifestyle

- ♥Healthy Lifestyle
- ♥Healthy Heart
- ♥Asthma Control
- ♥Blood Pressure Control
- ♥Preventing Diabetes
- ♥Cancer Awareness
- ♥Staying Healthy at Work
- ♥Allergies
- ♥PH Balance
- ♥ Health & Nutrition Goals
- ♥Vitamins/Minerals/Supplements
- ♥Gastro Esophageal Reflux Disease (GERD)

Exercise

- ♥Exercise a Way to Health & Fitness
- ♥Starting to Exercise
- ♥ Exercising for Busy People
- ♥ Fitness Walking
- ♥ Strength & Stretch
- ♥ Weight Training

Nutrition

- ♥Dining Out
- ♥Reducing Cholesterol
- ♥Heart Smart Eating
- ♥Weight Management
- ♥Nutrition & Cancer
- ♥Fast Food & Healthy Eating
- ♥Immune & Energy Boosters
- ♥Diet, Exercise & Metabolism

I encourage each of you to participate. The registration cost is \$25 a person which includes a health seminar, health and fitness assessment, literature, exercise workout and additional information that I will share with you. Thereafter, each class is \$5.00 a week for the four weeks. **Classes begin November 5, 2011 @ 10:00 am.**

I look forward to working with you and hope we can have a long term fitness relationship together. "Let's make healthy eating, nutrition and exercise become a lifestyle change".

The change is up to you!

Location: Contemporary School of the Arts & Gallery, Inc.
4 W Franklin Street, Hagerstown, MD 21740

To register call: (301) 791-6191 or (301) 797-4310
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www.csagi.org

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Linda Brooks

