

Fit for Life!

*Free monthly
lecture series*

December Lecture:

Date: December 18

Time: 10:00-10:30am and 6:00-6:30pm

It is a New Year and a New You!

Setting achievable health goals for 2013

This lecture will address the importance of setting achievable health goals. We will discuss the tricks of the trade to help you get healthy and stay that way!

Question and answer session following the lecture.

1st floor conference room



January Lecture:

Date: January 15

Time: 10:00-10:30am and 6:00-6:30pm

Abs are made in the ... KITCHEN!

Doing unlimited ab work will make you stronger, but without proper nutritional habits, you'll be unable to see the benefits of all those crunches. Learn to "do's and don't's" of fitness nutrition so you can uncover your 6-pack. *1st floor conference room*

The **Fit for Life!** lecture series will be conducted by JCC Personal Trainer and Nutritionist, Carlie Snyder. Carlie has been in the fitness industry for more than 6 years and has a BS in nutrition.

Lectures will be held on the third Tuesday of each month

10:00-10:30am and 6:00-6:30pm