

Class Schedule | May - August 2017

MAY

S	M	T	W	R	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 2: NUTRITIONU Virtual Supermarket Tour** (Admin Bldg, 12pm)
- 8: FITNESSU Active Isolated Stretching** (Admin Bldg, 12pm)
- 9: NUTRITIONU Make Hormones Work Better** (PW Fleet, 12pm)
- 11: NUTRITIONU Nutrition Myths Debunked** (Transit, 12pm) **Transit/Fleet ONLY**
- 16: FITNESSU Stay in the Game** (PW Fleet, 12pm)
- 22: NUTRITIONU Eat, Drink & Be Mindful** (Central Library, 5:30pm)
- 25: NUTRITIONU Nutrition Myths Debunked** (Utilities, 12pm)

JUNE

S	M	T	W	R	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

- 5: FITNESSU Sitting Your Life Away** (MSO Ops, 12pm) **MSO ONLY**
- 6: FITNESSU Be 1** (Utilities, 12pm)
- 7: NUTRITIONU Focus on Fast** (EHB, 6pm)
- 12: NUTRITIONU Beyond the Plate** (Central Library, 6:30pm)
- 13: NUTRITIONU Make Hormones Work Better** (PSC, 12pm)
- 13: NUTRITIONU Meal Prep 101** (PW Fleet, 12pm)
- 14: NUTRITIONU Meal Prep 101** (MSO Ops, 12pm) **MSO ONLY**
- 15: FITNESSU Stay in the Game** (Ag & Ext, 12pm)
- 19: FITNESSU Sitting Your Life Away** (Transit, 12pm) **Transit/Fleet ONLY**
- 21: NUTRITIONU Make Hormones Work Better** (Admin Bldg, 12pm)

JULY

S	M	T	W	R	F	S
2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29

- 6: NUTRITIONU Eat, Drink & Be Mindful** (PW Fleet, 12pm)
- 11: NUTRITIONU Make Hormones Work Better** (Utilities, 12pm)
- 11: FITNESSU Stay in the Game** (Admin Bldg, 12pm)
- 11: FITNESSU Active Isolated Stretching** (Palmetto Library, 6pm)
- 12: NUTRITIONU Nutrition Myths Debunked** (MSO Ops, 12pm) **MSO ONLY**
- 18: NUTRITIONU Beyond the Plate** (Palmetto Library, 6pm)

AUGUST

S	M	T	W	R	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- 1: FITNESSU Key to Youth** (Transit, 12pm) **Transit/Fleet ONLY**
- 2: NUTRITIONU Virtual Supermarket Tour** (Central Library, 5:30pm)
- 3: FITNESSU Be 1** (MSO Ops, 12pm) **MSO ONLY**
- 8: FITNESSU Stay in the Game** (Utilities, 12pm)
- 10: FITNESSU Stay in the Game** (Convention Ctr, 12pm)
- 17: FITNESSU Active Isolated Stretching** (PW Fleet, 12pm)

For more information & webinar options visit
manateeyourchoice.com/fitnuts

FIT NUTS

Class Descriptions

FITNESSU: ACTIVE ISOLATED STRETCHING

The Active Isolated Stretching (AIS) method of muscle lengthening and fascial release is a type of Stretching Technique that provides effective, dynamic, facilitated stretching of major muscle groups which restores strength, flexibility and function. This Fitness U requires active participation.

FITNESSU: BE 1

BE 1 will describe the importance of periodization in a daily fitness regimen and how setting small incremental goals will help a person get to their overall fitness goal with little or no setbacks. BE 1 will provide guidelines for setting personalized goals for strength training, nutrition, and cardiovascular endurance.

FITNESSU: KEY TO YOUR YOUTH: FLEXIBILITY & STRENGTH

Learn how gentle movements can reduce the side effects of sedentary/sitting lifestyles. Discover how you can minimize the aches and pains that keep you from enjoying vacations, playing with your children/grandchildren or performing daily chores that enable you to live an independent life well into your retirement years.

FITNESSU: SITTING YOUR LIFE AWAY

Find out why sitting causes so much harm and why standing promotes physical health. You will also learn how to integrate this lesson into your daily life.

FITNESSU: STAY IN THE GAME

This Fitness U will explain the many facets regarding your exercise program. What level should I work at? What are my expectations of the workout? How much should I warm up? How can I avoid injuries? And many more tidbits about the ins and outs of a Workout.

NUTRITIONU: BEYOND THE PLATE

Here is the help you need to solve meal planning problems such as time, planning, cost and ease of preparation.

NUTRITIONU: EAT, DRINK & BE MINDFUL

Learn the difference between mindful and mindless eating, and how to make mindful eating work in real life.

NUTRITIONU: FOCUS ON FAST

Learn how to eat healthy while dining out. This class will focus on fast food - making the best choices while eating out when in a hurry.

NUTRITIONU: MAKE YOUR HORMONES WORK BETTER

Identify lifestyle steps you can take to support the hormonal balance in your body. Helpful for women AND men of all ages.

NUTRITIONU: MEAL PREP 101 FOR BUSY PEOPLE

Learn meal prep and storage ideas to save time and money, how to eat healthy with a busy schedule, tips and tricks to efficient meal prep, and receive recipes on how to use what you prepped.

NUTRITIONU: NUTRITION MYTHS, DEBUNKED

Get the facts behind the hype, and learn how to spot bad nutrition advice.

NUTRITIONU: VIRTUAL SUPERMARKET TOUR

Learn about best choices for each food group, how to read labels, identify high quality foods/snacks, and money saving tips and budget friendly meal ideas/snacks.

WEBINAR OPTIONS:

NUTRITIONU: MED INSTEAD OF MEDS FOR BETTER HEALTH

Eating like those who live in the Mediterranean region has been shown to promote health and decrease risk of many chronic diseases. Watch the recorded webinar from Eat Smart. Move More. Weigh Less. and complete the quiz.

NUTRITIONU: RETHINK YOUR SWEETS

Learn how to identify added sugars along with quick and easy ways to reduce added sugars in your diet. Watch the recorded webinar from Eat Smart. Move More. Weigh Less. and complete the quiz.

Get links to webinars and quizzes at manateeyourchoice.com/fitnuts