

Just in Time for Your New Year Resolution!

All About Nutrition:

Feeding Yourself to Lose Weight and Build Strength

A Six-week Program

Dates: Tuesday evenings, January 17—February 21

Time: 6:15pm—7:15pm

Class Fee: \$89 for the six-week program!



Class Topics

Nutrition Coach: Mr. Zee Badar, CPT

- ☞ How the choice of foods you eat can build muscle, increase stamina, lose fat and reverse aging
 - ☞ Learn importance of food and nutrients and how they effect you daily
- ☞ Choose the right foods to fuel your body during pre-workout, during activity, and post-workout
 - ☞ Make the right choices at the grocery store, at a family gathering or dining out
 - ☞ Learn which meals are most important and why
 - ☞ Learn how to read confusing labels
 - ☞ Discover why is it important to take Vitamins and Supplements
 - ☞ Learn how to prepare a meal plan that is best for you
- ☞ Your Diet and Nutrition: Learn what is really essential and what is just a waste of time and money



Registration required.

Call the Welcome Desk today at 281-348-2205

Get in Here and Get Going!