

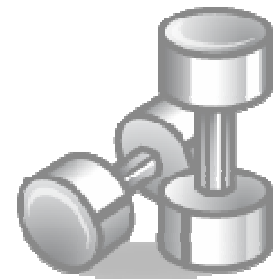


Bldg 1466, Flight Line Area

May 2008

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2
<b>0600-0800 0800-1100 1100-1215 1215-1315 1315-1400 1400-1500</b>	<b>5</b> 	<b>6</b> 0800-1000 HLP 1000-1200 UFP Training 1300-1500 BCIP 2 1300-1500 Back Class <u>FIP F/U-</u> <u>Dragon Fitness Center</u> 1300-1400 Non-Runners 1400-1500 Runners	<b>7</b> 0900-1100 Knee Class 1000-1100 Prenatal Class	<b>8</b> 0800-1630 PTL Training -part 1	<b>9</b> 0800-1100 PTL Training -part 2(Dragon Fitness Cnt)
	<b>12</b> 0800-1100 PTL Refresher 1230-1315 Aerobic Training Part I	<b>13</b> 0800-1000 HLP 1200-1245 <b>Strength            Training Part I</b> 1300-1500 BCIP 1	<b>14</b> 1330-1430 Cholesterol Education	<b>15</b> 0900-1100 Runners Clinic 1500-1600 Hypertension	<b>16</b> 1200-1245 <b>Strength Training            Part II</b>
	<b>19</b> 0800-1100 Fitness Test Administrator 1130-1215 Running Faster! (Base Track)	<b>20</b> 0800-1000 HLP 1300-1500 BCIP 2 <u>FIP F/U-</u> <u>Dragon Fitness Center</u> 1300-1400 Non-Runners 1400-1500 Runners	<b>21</b> 0600-0800 <b>FIP F/U            (Aviano Community Pool)</b> 0900-1100 Knee Class 1300-1500 Back Class	<b>22</b>	<b>23</b> 1300-1500 Healthy Cooking Class(Chapel)
	<b>26</b>	<b>27</b> 0800-1000 HLP 1300-1500 BCIP 1 1200-1300/1630-1730 Tobacco Cessation	<b>28</b> 0900-1000 <b>Supermarket            Savvy(Commissary)</b>	<b>29</b> <b>Readiness Training Day</b>	<b>30</b>

# Fitness Month



**Fitness  
Websites:**

[www.ACSM.org](http://www.ACSM.org) look  
for "Inform"

[www.EXRX.net](http://www.EXRX.net)

DSN: 632-4573 Comm. 0434-30-4573 Class times are subject to change without prior notice: Please call for latest information

## Class Descriptions

### **Healthy Living: Nutrition and Fitness**

**AF Fitness Program Courses:** The Air Force is dedicated to being “Fit to Fight”. These courses support that program:

- **Healthy Living Program (HLP)**
- **Body Composition Improvement Program (BCIP)**
- **Fitness and Nutrition Follow-Up**
- **Unit Fitness Program Manager (UFPM)**
- **Physical Training Leader (PTL)**

**Prenatal Fitness:** This class is designed for the expectant mother in developing a safe and effective self-directed exercise program during pregnancy and after delivery. Visit: [www.MyPyramid.gov](http://www.MyPyramid.gov) and [www.sparkpeople.com](http://www.sparkpeople.com) for more nutrition information

### **Healthy Living: Controlling Health Risks**

**Runner’s Clinic:** Beginner/Intermediate- covers- Form, Running Analysis, Running Shoe Selection, Avoiding Injuries, Training Programs, and Goal Setting. Please bring running shoes and be in PT gear!

**Cholesterol Education:** Learn how to modify lifestyle habits to help lower your bad cholesterol and triglycerides, and increase your good.

**Hypertension Class:** Learn how to modify lifestyle habits to help lower your blood pressure.

**Knee Class:** Learn exercises geared toward knee injury prevention and improve current knee problems.

**Back Class:** Learn exercises/stretchers to prevent back injuries, strengthen/improve current problems.

Visit: [www.ASCM.com](http://www.ASCM.com) and look for “inform” for more information on fitness

### **Healthy Living: Tobacco Free**

**Tobacco Cessation** (6 sessions): Tobacco is an addiction and a habit. For those ready to quit, the American Cancer Society “Fresh Start” program will provide tools necessary to permanently break this addictive habit, including medications, education, and support to make a plan, recognize barriers, and prevent relapse. Monthly day classes and evening classes offered. Visit the DoD Tobacco quit site: [www.ucanquit2.org](http://www.ucanquit2.org)

### **Additional Healthy Living**

**Healthy Cooking Class:** Learn how to prepare quick and healthy meals and snacks- On hands cooking!

**Aqua Massage:** Come and massage away daily stress. Enjoy the relaxing atmosphere with soothing music. Available by appointment.

**Massage Chair:** Have a few minutes to spare? Walk-in and enjoy our massage chair.

Visit: [www.Militaryonesource.com](http://www.Militaryonesource.com) user id: military password: onesource [www.moodgym.org](http://www.moodgym.org) for more information

### **Community Involvement Opportunities**

**Integrated Delivery System (IDS):** A coalition of Team Aviano agencies that develop comprehensive, coordinated plans for integrating and implementing community outreach and prevention programs. The goal is to improve the delivery of human service programs by establishing a seamless system of services through collaborative partnerships and coordinated activities. (meets monthly)

**Shape Your Future Your Way:** Program which focuses on our living/work environment to help optimize the fitness and health of our members and their families. This group conducts assessments, then develops and implements an installation action plan for the wing commander.

### **Additional HAWC Resources**

- Video Resource Library

-Blood Pressure and Body Fat Measurements

**Additional programs are offered throughout the year. We also bring a variety of presentations to your unit or Aviano Community gathering. Call 632-4573 for more information**