

If you're interested in improving your
fitness
and your health it's....



"No Sweat"

UVA-WorkMed presents a comprehensive six-week program focusing on improving health, strength, flexibility and cardiovascular endurance, through regular 10-minute bursts of exercise and energy-fueling changes in eating. Each hour-long class emphasizes exercise and nutrition principles from "The Spark," by Dr. Glenn Gaesser of the University of Virginia. Participants can improve fitness, cholesterol, blood pressure and weight.

In each class session we do "spark" exercises and discuss practical food tips for your daily routine. "Sparks" are strength, flexibility and endurance exercises that can be done in 10-minute segments and don't require changing clothes. (Wear comfortable clothes & gym/court shoes.) Class members set and act on exercise and food goals. Progress is measured by pre- and post-tests.

Taught by Jolene Bodily, RD, MPH

When: 6 Consecutive Wednesdays, March 29 - May 3
from 12 noon to 1 pm.

Where: Darden School, Room 50

Class size limited, register with:
Mary Conlon, 243-0077