

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 & flat-heeled shoes.) Class members set and act on exercise and food goals. Progress is measured by pre- and post-tests. Incentive program includes a free resistance band with handles for those who attend all six sessions. Taught by Jolene Bodily, RD, MPH

**When:** Wednesdays, 12:00-1:00 pm  
February 8- March 15, 2006

**Where:** Clemons Library, Room 407  
Class size limited, register with:  
Mary Conlon, 243-0077

The "No Sweat" Program is provided by University Human Resources. It is available to Agency 207 benefited employees. There is no charge to attend.