

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



"No

Sweat"

Employee Health and UVA-WorkMed present 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: Wednesday, 4:00-5:00 pm
September 21-October 26

Where: UVA Outpatient Surgery Clinic(formerly VASI)
2nd Floor Training Room

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

The " No Sweat" Program is provided by Employee Health and UVA-WorkMed. It is available to Medical Center, Morrison's, and Crothall Environmental Services employees. There is no charge to attend.