LUNCH N LEARN SERIES
HEALTHY & FIT FOR LIFE
ALL USF EMPLOYEES/STAFF ARE WELCOME

STC 5th Floor, 5051 Conference Room

This FREE six-week program will focus on the importance of making nutritious food choices and getting regular physical activity. Join us and learn how to be healthy and fit for life.

EACH SIX-WEEK SESSION MEETS
ON THURSDAYS 12:00 NOON—1:00 PM
ATTEND: NOVEMBER 8, 15, 29 DECEMBER 6, 13, 20

WEEK 1: NOVEMBER 8
Health Screenings: Nurses will conduct blood pressure, glucose & total cholesterol screenings along with height, weight and BMI measurements.

Physical Fitness Activity: Presented by a fitness expert.

WEEK 2: NOVEMBER 15
Portion Distortion: Nutrition lesson and appropriate portion sizes presented by a nutritionist.

Take 10: Physical fitness activity presented by a fitness expert.

WEEK 3: NOVEMBER 29
Preparation and Substitutions: Healthy choices, light substitutions and additions are discussed.

Cooking Fun for Life: Learn how to prepare healthy snacks.

Take 10: Physical fitness activity presented by a fitness expert.

WEEK 4: DECEMBER 6
Pound the Pavement: Learn fun ways to get active every day. All participants receive an exercise item to keep. Also, learn about healthy, fast meal planning and how to avoid office sabotage.

WEEK 5: DECEMBER 13
Gain Control Over Food: Determine how your current eating habits developed and improve your understanding of the reasons behind your food choices. Develop strategies to help you eat healthier and put yourself in control of the food you consume.

Presented by a local psychologist.

WEEK 6: DECEMBER 20
Healthy Eating on the Run: Grocery shopping solutions, dining out in a healthy way and healthy brown bag options are presented.

PLEASE EMAIL BCOCKREA@HEALTH.USF.EDU TO RESERVE YOUR SPOT TODAY.