

FITNESS NUTRITION

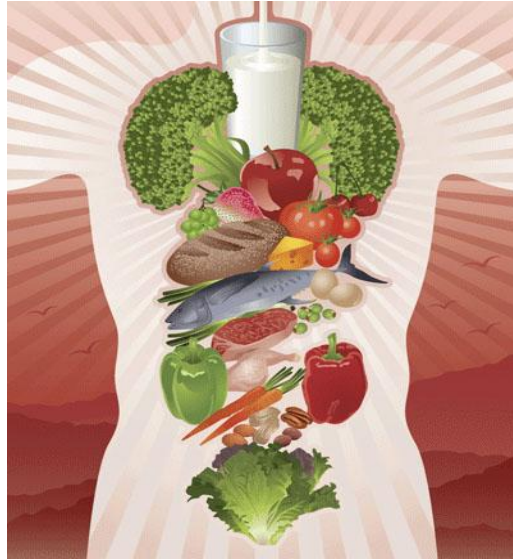
EAT RIGHT



LIVE RIGHT



FEEL RIGHT



MEET WITH A NUTRITIONIST

Tuesdays 5:30 - 6:30 PM

Jan 25 – Apr 26

Rec Center Room 131

TRACK YOUR:	LEARN ABOUT:
WEIGHT	WEIGHT LOSS TIPS
% BODY WEIGHT	HEALTHY MEAL PLANS
Circumference measurements	HEALTHY RECIPES
CALORIES	SPORTS NUTRITION TIPS
GOALS	MOTIVATION TIPS
GET RESULTS	NUTRITION & DISEASE MANAGEMENT AWARENESS

For questions, please contact Denise at 326-3017 or dschuster@tamiu.edu