



**Fall 2011**  
**Mondays @ 5:30pm**  
**Rec Center Room 128**

<b>DATES:</b>	<b>SESSION TITLE:</b>	<b>SESSION DESCRIPTIONS:</b>
Sept 13	Kick-Off Cook- Off	Start off your semester with eating right! Join us at the Clubhouse in the Village Healthy food, fun, & fitness nutrition knowledge.
Sept 19	Out with the old, in with the New	Leave your old eating habits behind & develop healthier ones!
Sept 26	Fast Food Revealed	The truth about what you are really eating when you eat out!
Oct 3	Portion Distortion	Why Size really does matter!
Oct 10	Eat this – Not That	Learn to compare foods when you go shopping or eating.
Oct 17	Sugar: The good, the bad, the ugly	The sweet truth about sugar
Oct 24	Pills & Potions :	The truth about supplements – Is it a trick or treat?
Oct 31	FOOD DEMO	Learn how to prepare a quick, nutritious meal [SMOOTHIE]
Nov 7	Real Life Fitness	The importance & relief of “practical” workouts to contemporary workouts for everyday life.
Nov 14	<i>What does your waist say about you?</i>	Stop wasting your time on weight, time to look at your waist
Nov 21	<b>NO CLASS</b>	<b>NO CLASS</b>
Nov 28	FOOD DEMO	Learn how to prepare a quick, nutritious meal
Dec 5 LAST DAY	FOOD DEMO	Surprise!

For questions or comments please contact Denise Schuster, Associate Director of Fitness and Wellness, at [dschuster@tamiu.edu](mailto:dschuster@tamiu.edu) or (956)326-3017.

*Sessions subject to change. Check online for updates.*

