

# 2016 FIT FOR PERFORMANCE Weight Control Program

•Fit For Performance is a weight control program that consists of six sessions taken over a 6 to 12 week period. The program is available to all Active Duty Military, Retirees , and Family Members.

•Classes are held on Tuesdays at 0900-1100 or 1300-1500.

•Attending one session every 1-2 weeks is recommended. **Patients must attend session 1 first and session 6 last.** All other sessions may be taken in any order. At least one individual visit with a Registered Dietitian is also included in this program.

•Private weight and body composition measurements will be obtained at each class . Measuring will begin 30 min before each class.

•After the program is completed, it is recommended to continue to do follow-up measurements every 1-4 weeks for six months. Follow up measurements are done on a walk-in basis in the Nutrition Care Clinic: Mondays-Friday 0730-0800 , Mondays and Wednesdays 0730-1530, or by appointment.

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
	Steps To Weight Loss Success	Maximize Your Sleep and Your Workouts	Creating Supportive Environments	Fueling Your Brain and Body	Psychology of Weight Loss	Stress Eating, Stress Management
Time	Dates	Dates	Dates	Dates	Dates	Dates
0900	26 Jan	2 Feb	9 Feb	16 Feb	23 Feb	1 Mar
	8 Mar	15 Mar	22 Mar	29 Mar	5 Apr	12 Apr
	19 Apr	26 Apr	3 May	10 May	17 May	24 May
	31 May	7 Jun	14 Jun	21 Jun	28 Jun	5 Jul
	12 Jul	19 Jul	26 Jul	2 Aug	9 Aug	16 Aug
	23 Aug	30 Aug	6 Sept	13 Sep	20 Sep	27 Sep
	4 Oct	11 Oct	18 Oct	25 Oct	1 Nov	8 Nov
	15 Nov	22 Nov	29 Nov	6 Dec	13 Dec	20 Dec
	27 Dec	3 Jan 2017	10 Jan 2017	17 Jan 2017	24 Jan 2017	31 Jan 2017
	1300	5 Jan	12 Jan	19 Jan	26 Jan	2 Feb
16 Feb		23 Feb	1 Mar	8 Mar	15 Mar	22 Mar
29 Mar		5 Apr	12 Apr	19 Apr	26 Apr	3 May
10 May		17 May	24 May	31 May	7 Jun	14 Jun
21 Jun		28 Jun	5 Jul	12 Jul	19 Jul	26 Jul
2 Aug		9 Aug	16 Aug	23 Aug	30 Aug	6 Sept
13 Sept		20 Sept	27 Sept	4 Oct	11 Oct	18 Oct
25 Oct		1 Nov	8 Nov	15 Nov	22 Nov	29 Nov
6 Dec		13 Dec	20 Dec	27 Dec	3 Jan 2017	10 Jan 2017

**Contact the Nutrition Care Clinic  
to schedule classes  
255-7986**

\*Class dates and/or times are subject to change.

