

Food Fitness & Healthy Heart

Food Fitness and Healthy Heart is a one hour class that discusses the principles of healthy eating, the Importance of moving the body, and the health and heart connection. My Plate is explored along with review of macro and micro nutrient sources, importance of fiber, meal planning, hydration and physical activity. Cardiac risk factors are identified, methods of modification discussed, and lab values reviewed.

On October 30, 2014 at 0900-1000

Food fitness & Healthy Heart will be held

At the Chafee Fitness Center 2nd floor



**For More Information Contact:
Or to sign up for a class please give us a call at:
(401) 841-6777**