

Maintain Your **Weight** During The Holidays



Don't Let Fitness Take A Holiday

Holiday Promotion

CPPD Human Performance & Public Health directorate is offering CPPD employees an opportunity to work with a certified American College of Sports Medicine personal trainer, Bryan Tarvin.

Bryan will be holding one on one 30 minute information sessions as well as small group (department)

training sessions available November 15-22. For an appointment, you can contact Mr. Tarvin by Email at btarv001@odu.edu or by cell at (757) 812-2047. Sessions will be conducted in Building 199 (CPPD HQ), Room 228. Training sessions can also be conducted via telephone.

