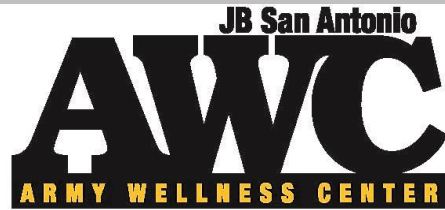


All classes are free and require pre-registration. In-person class size is limited - social distancing and masks required.



MAY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Classes virtually via Adobe Connect! Call 210-539-1254 to schedule.</p>				<p>Interested in hosting a class for personnel at your facility? Contact us to schedule!</p>
<p>3 Healthy Sleep Habits 0900</p>	<p>4 Upping Your Metabolism 0900 Fueling for Health 1315</p>	<p>5 ACFT PREP 1315</p>	<p>6 Upping Your Metabolism 1315</p>	
<p>10 Upping Your Metabolism 0900</p>	<p>11 Meals in Minutes 0900 Stress Management 1315</p>	<p>12 Upping Your Metabolism 1315</p>	<p>13 Healthy Sleep Habits 1315</p>	
<p>17 ACFT PREP 0900</p>	<p>18 Upping Your Metabolism 0900 Staying Fit: Home & Away 1315</p>	<p>19 Meals in Minutes 1315</p>	<p>20 Upping Your Metabolism 1315</p>	
<p>24 Upping Your Metabolism 0900</p>	<p>25 Fueling for Health 0900 ACFT PREP 1315</p>	<p>26 Upping Your Metabolism 1315</p>	<p>27 Stress Management 1315</p>	
				28

2490 Stanley Rd. Bldg. 367
JBSA-Fort Sam Houston, TX 78234 210-539-1254

Programs are open to Active Duty, Dependents, Retirees and DoD Civilians and are subject to change.

AWC Health Education Classes:

(60 min; class schedules change monthly and require preregistration)



Upping Your Metabolism (*required prior to metabolic testing appointment*):

Explore trends and barriers to wellness, review metabolic testing parameters, provide personalized caloric goals, discuss energy balance, describe calorie and activity levels that promote healthy weight, and present tools to track and improve caloric intake and activity.



Meals in Minutes:

Address myths and challenges of preparing healthy meals. Examine tools and strategies to create quick, simple, and healthy meals.



Fueling for Health:

Learn fundamental components of nutrition, discuss macro-nutrient needs, and understand USDA dietary guidelines and food labels.



Stress Management:

Define stress and explore the impact of stress on health and wellness, review tools for monitoring stress, explore the role of sleep, activity and nutrition on stress, practice stress reduction techniques and sample emWave technology for self-regulation.



Healthy Sleep Habits:

Discuss the importance of sleep, examine the science of sleep, explore methods and resources for achieving better quality of sleep, and develop positive action steps to improve sleep.



Staying Fit: Home & Away:

Discuss the components of an exercise plan; receive examples and demonstrations of how to remain active while on the road and at home.



ACFT Performance Optimization:

This class focuses on improving performance in order to not just pass, but excel, in the Army Combat Fitness Test. Provides education on injury prevention, exercise program development, and simple break-downs of the power, strength, endurance, and cardiovascular components of the Army Combat Fitness Test.