

 All classes are free and require pre-registration.

Monday	Tuesday	Wednesday	Thursday	Friday			
3 Labor Day HOLIDAY	4	5	6	7 Upping Your Metabolism 0900-1000			
10 Stress Management Biofeedback Class 1330-1430	11	12	13	14			
17 Healthy Heart 1330 - 1430	18	19	20	21 Upping Your Metabolism 0900-1000			
24	25	26	27	28			
31	<table border="1"> <tr> <td> Services Offered Monday - Friday </td> <td> <ul style="list-style-type: none"> ◆ Metabolic Testing ◆ VO2 Fitness Assessments ◆ Unit Assessments and Wellness Coaching </td> <td> <ul style="list-style-type: none"> ◆ Relaxation Massage Chair ◆ Blood Pressure Screenings & Monitoring </td> </tr> </table>				Services Offered Monday - Friday	<ul style="list-style-type: none"> ◆ Metabolic Testing ◆ VO2 Fitness Assessments ◆ Unit Assessments and Wellness Coaching 	<ul style="list-style-type: none"> ◆ Relaxation Massage Chair ◆ Blood Pressure Screenings & Monitoring
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Class Descriptions

• **FREEDOM FROM SMOKING**

6-session program offers self-help tools for quitting smoking or chewing tobacco, as well as a walking program & handout materials including a class workbook. Open to active duty and their family members and retirees and their family members over the age of 18. Includes prescription for the use of Zyban or the Nicotine Patch during the program. To complete the program attendance is required at all sessions.

• **HEALTHY HEART**

The Healthy Heart class is designed to teach each participant strategies to help reduce, control, and manage high blood pressure. Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. The only way to tell if you have high blood pressure is to have your blood pressure checked.

• **FITNESS ASSESSMENT**

Certified health promotion instructors interview clients to identify personal goals, conduct a variety of tests to determine overall health and fitness, and develop individualized programs tailored to clients' needs. Testing may include, strength, aerobic, body fat, and flexibility. Using state of the art equipment, the rate of oxygen consumption during exercise (VO₂) is measured to assess the degree of cardiovascular fitness a person has. This information is used to design a workout plan that will improve fitness and maximize calories burned.

• **FIT TEST DAY**

Don't want to wait for an individual fitness test appointment? The AWC now offers a new twist on one of our most popular programs. A faster opportunity to receive your fitness assessment is to participate with others as a group. You will receive the same level of testing and individualized programming as a normal fitness assessment. Of course individual attention and privacy is maintained throughout the assessment. Fit Test Day requires participation on two separate days. The first day is the assessment followed by day two, which is the "Using Your Fitness Results" class (see below). Patient feedback has been outstanding because more fitness tests are available each month for individuals. Ask an AWC staff member for more details. Time: 30 minutes

• **USING YOUR FITNESS RESULTS CLASS**

Day II of the AWC's popular Fit Test Day program. This class provides individual fitness test results and comprehensive explanation on how to put this information together to create a program specific to each participant. Topics include performance improvement, weight loss, weight gain, muscle conditioning, flexibility and exercise compliance strategies. Time: 60 minutes

• **UPPING YOUR METABOLISM**

Your metabolism holds the key to effective weight management. Knowing your metabolic rate and understanding how food and exercise affect it is valuable information to help you adjust calories in and calories out. This class also provides tips on increasing a slow metabolism. Each participant must have had a Metabolic Testing (see below) done before the class date. Participant will receive their personal results of the Metabolic Testing at the class and be able to follow along while an instructor explains what the numbers mean.

• **METABOLIC TESTING**

The Metabolic Testing is a simple 15 minute test that measures what you burn and then calculates how you should eat. It is the key to knowing precisely what your body needs for effective weight management. An appointment is required for a Metabolic Testing. For accurate results, you must refrain from eating or exercising for at least four (4) hours before the test.

• **MEALS IN MINUTES**

Not only do you want the meal to be healthy and taste good, but you want it to be fast and simple to prepare. In "Meals in Minutes", you will find smart and doable mealtime solutions, no matter how little time (or few ingredients) you have. We feature dishes that can be prepared and ready in 30 minutes or less; cuisine that calls only for a cutting board, no cooking necessary; meals you can cobble together using the items in your pantry.

• **REDUCE STRESS IN 30 MINUTES OR LESS**

The way we live our lives can have a huge impact on the way that we experience stress. This class will introduce you to strategies, resources and techniques for effective stress management. This class is a prerequisite for biofeedback sessions.

• **BIOFEEDBACK SESSION**

What would you like to improve? Your work performance; your creative efforts; your health; your stress levels; your peace of mind? All of these things are affected by the pace and the intensity of life. Let our biofeedback technology help you break through stress that's preventing you from feeling good, being in control and achieving your goals. Individually paced biofeedback sessions available after attending our "Reduce stress in 30 minutes or less" class.

• **RELAXATION ROOM**

The Relaxation Room provides individuals with the choice of a massage in our state-of-the-art, relaxation chair and/or a 20 minute audio-visual guided imagery experience while relaxing through the practice of progressive muscle relaxation. View the captured beauty of natural scenes while taking a break from the hectic demands of your day to refresh & rejuvenate.