Lunch -N- Learn

Fitness 101

Date: April 9, 2009

Time: 11:30 a.m.—12:30 p.m.

Where: 1320 Creek Trail
I-70 Conference Room

Call or e-mail Ashley Halford to get registered for this class.

Phone: 526-1229
E-mail: ashley.halford@modot.mo.gov

MEE Zone

Participants will learn the following information:

- Gain knowledge of the F.I.T.T.E. Principle
- Identify physical activity guidelines
- Gain knowledge of exercise program components
- Understand health and fitness components
- Learn how to monitor heart rate
- Be able to measure body composition