

2018

FUEL TO FIGHT

COMBAT FIT WORKSHOPS

FUELED TO FIGHT

Nutrition for Performance/Injury Prevention

1st Thursday of every month;
Bldg. 1530 Education Center, 9 - 10:30am

You are what you eat. Learn how nutrition can improve combat readiness, physical performance, prevent injury and minimize recovery time.

Men's Health

2nd Tuesday of the month;
Bldg. 1530 Education Center, 9 - 10am

Women's Health

2nd Thursday of the month;
Bldg. 1530 Education Center, 9 - 10am

Take charge of your health. Discover gender-specific resources that lead to a healthy lifestyle.

COMBAT FIT

Move It to Lose It (PT attire recommended):

Last Thursday of every month;
(call for location and time)

Learn about the equipment in the fitness facilities and develop a complete workout program, as well as basics of healthy eating and weight management. A great course for those on BCP.



FREE & OPEN TO ALL AUTHORIZED PATRONS

REGISTRATION REQUIRED

760.830.5386/6857

29Palms.HealthPromotions@usmc-mccs.org

**SEMPER
FIT**

Health
Promotion



MCCS
MARINE CORPS
COMMUNITY
SERVICES



MCCS29PALMS

