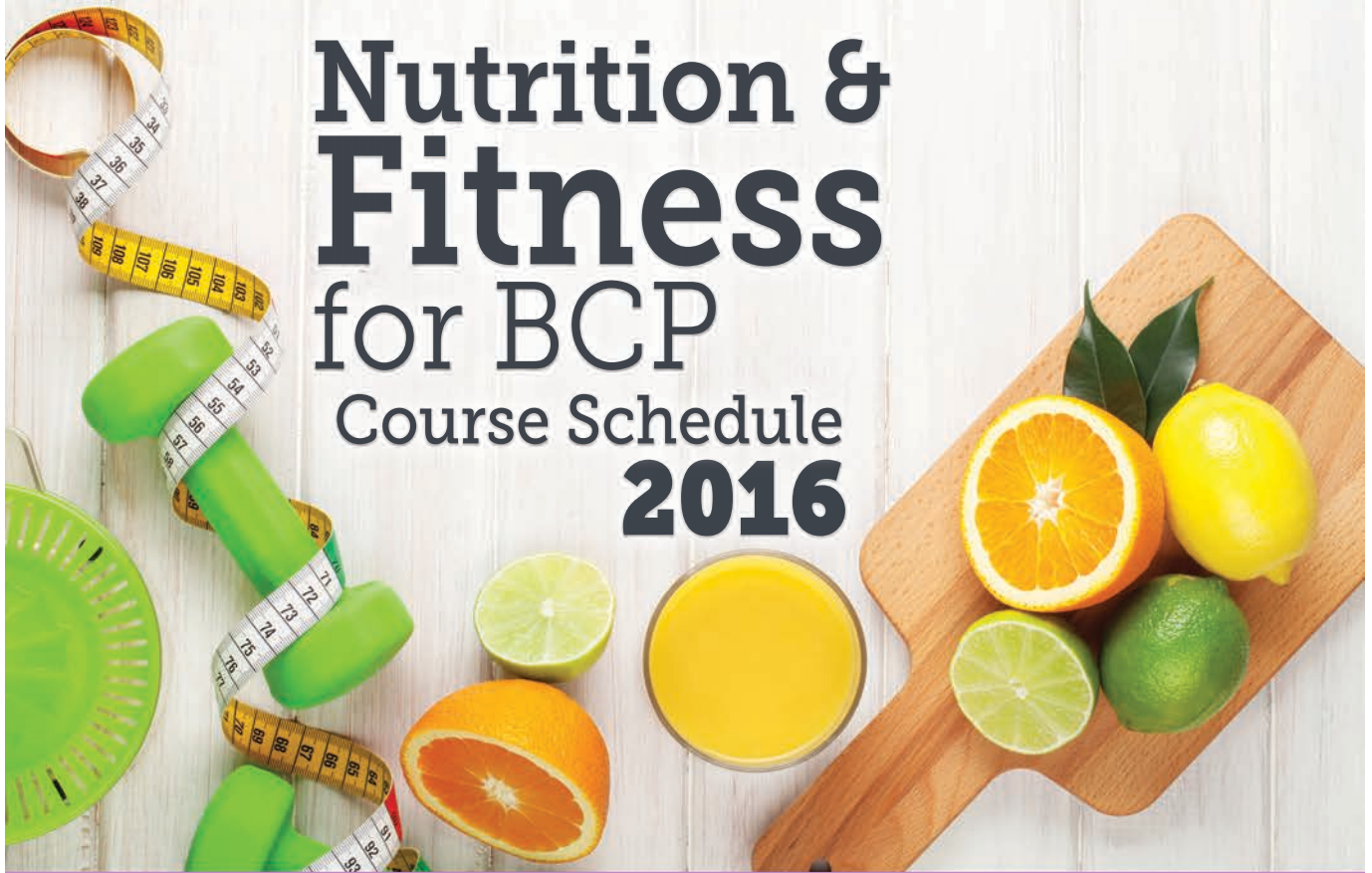


# Nutrition & Fitness for BCP

## Course Schedule 2016



### DATES

Feb 9

Apr 5

Jun 9

Aug 9

Oct 4

One-day course focusing on the fundamentals of eating and training to lose weight

Participants will learn how to help their Marines on the Body Composition Program (BCP) with planning their diet and exercise program for life-long weight loss

Topics will include:

- Nutrient needs
- Healthy weight loss
- Fitness for weight loss
- Exercise and diet myths
- Supplements
- Practical sessions.

**TIME 0800-1600**

A certificate of completion will be given to all participants. Lunch on your own.

Active Duty Only  
Uniform - Cammies

Paige Fieldhouse Classroom,  
Bldg 1110

Call (760) 725-6288 to Register



[mccsCP.com/health](http://mccsCP.com/health)  
IN STEP WITH YOU

