



# NUTRITION & FITNESS FOR BODY COMPOSITION PROGRAM

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 lifelong weight management.

**2021**

**Paige Field House  
Bldg 1110 • 8am-4pm**

Jan 13, Mar 3, May 26, Jun 20  
Aug 25, Oct 6, Dec 8

A certificate of completion  
given to all participants.

**To Register Call:  
(760) 725-6288**



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