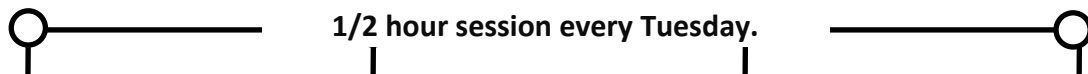




Kick off the new year right!

Nutrition Seminar

Join us at Joe Dugger Fitness Center for a four part nutrition seminar.



January 15
12:00-12:30 pm

Diet Quality:
Choose the right foods to reduce risk of disease and feel better each day.

January 22
12:00-12:30 pm

Diet Quantity:
Align your diet to your body composition goals, whether to slim down, bulk up or maintain what you've already worked for.

February 5
12:00-12:30 pm

Performance Nutrition:
Eat to perform at your peak in your preferred sport, recover optimally, and make consistent progress.

February 12
12:00-12:30 pm

Take Action:
Implement diet strategies, Q&A on all things nutrition.

All sessions will be lead by our resident Sports Dietitian, LT Mellendick, who will be here to help you eat right to reach your goals.

www.facebook.com/groups/FitnessandSportsMidSouth



Joe Dugger Fitness Center | (901) 874-5497
5671 McCain St. (Bldg. S-499) Millington, TN

The Department of the Navy does not endorse any company, sponsor or their products or services.

