

Nutrition 101



Let's make 2010 a year to eat healthier!! Whole Body Studio's Personal Trainer, Heidi and Family Health Quest's, Dr. Craig Paul, would like to help by offering a nutrition series that will help you lay out the foundation of healthy eating. The following topics will be discussed:

1. **The Basics**

- Finding Your Perfect Weight and Keeping It
- Role of Carbohydrates, Protein and Fats

2. **Cleaning Up your Diet** – Monday, February 22

- Understanding Food Labels
- Dining Out: Good vs Bad
- Supplements: Help or Hype?

3. **Grocery Shopping** – Monday, March 29

- Master the Supermarket and Take Control of Your Health

4. **Cooking Class** – Monday, April 26 (subject to change)

- Test Your Knowledge in the Kitchen

Nutrition Series will be held on the last Monday of the month, beginning with January 25th from 6:30 - 7:30pm and ending with our Cooking class in April.

FEE: \$120 for the series or \$35 per topic