Walk, Grow Strong, Be Fit

Four, one-hour sessions dedicated to changing habits, walking more and eating right
Starting June 18, 6:30-7:30 p.m.
University of Maryland Extension Office, Montgomery County
18410 Muncaster Rd., Derwood, MD
On the grounds of the scenic Agricultural History Farm Park

Learn to make small changes that will help you grow strong, be fit and decrease your risk for chronic diseases with guided instruction from an exercise physiologist and nutrition educator.

Week 1, June 18. **Getting Started**. You will learn how small changes make big differences in your health. Meet others in the class and form walking groups. You will receive a pedometer, walking journal and a walking plan based on your personal needs and goals.

Week 2, June 25. Fitness Basics. Careful monitoring can make a HUGE difference to your progress. You will learn about the FITT principle (frequency, intensity, time and type), and see how this applies to your personal goals. We'll cover obstacles, challenges and share successes. Learn about walking-friendly places in Montgomery County including trails, parks and some indoor options .

Week 3, July 2. Strength Training. Aerobic exercise is essential for burning fat, but strength training tones your muscles and gives your metabolism an extra boost to burn more calories. You will learn and practice proper form for several strength training exercises that target major muscle groups.

Week 4, July 9. **Calories and you**. You'll leave this class knowing how many calories you need each day based on your own personal profile. You'll learn about on-line tools to help you track your eating and guide you on your way to healthy eating habits. You will prepare a delicious, quick and healthful meal to celebrate the end of the four-week session. You'll go home with several recipes and resources to help move you forward on your journey to better health.

Cost: $30

Includes pedometer, walking log, class materials and July 9 meal.

To register, please send a check along with your name, daytime phone number and e-mail to :

Montgomery County EAC
18410 Muncaster Rd.
Derwood, MD 20855
Attn: Rebecca Davis
Call 301-590-2816 or rdavis3@umd.edu
for more information.

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