



FITNESS & NUTRITION EDUCATION

THIS SECTION INCLUDES:

Commit to Fit Fitness & Nutrition
Classes





COMMIT TO FIT FITNESS & NUTRITION CLASSES

Additional opportunities for physical activity and nutrition education are available free of charge through Commit to Fit! Fitness classes are located at various locations throughout the Greater Flint Area. These classes are beginner level and available for individuals that live or work in Genesee County! Share this information with your employees or community members to encourage their healthy lifestyle.

The fitness and nutrition class schedule is updated monthly and can be viewed at www.gfhc.com.

FITNESS CLASSES

- Zumba
- Yoga
- Walk with Ease
- Water Aerobics
- Chair Exercise
- Family Yoga
- Tai Chi

NUTRITION CLASSES

- Cooking with Kids
- The Learning Kitchen
- Fork and the Road
- High Blood Pressure Workshop
- Lunch & Learns

LUNCH & LEARN TOPICS

Commit to Fit staff are able to provide Lunch & Learns on various topics pertaining to health and wellness in the workplace. Each session can be tailored to better fit your organizations' needs and runs 15-45 minutes depending on your organizations' desired length. (Food not provided.)

HEALTHY MEAL PLANNING

There never seems to be enough time in the week to make a healthy meal, and we often times find ourselves running to the closest fast food restaurant to pick up lunch. Learn easy, accessible ways to plan and prepare meals for the week, and avoid wasting money on food that is bad for your health and waistline!

MEAL PLANNING ON A BUDGET

Think healthy eating is not affordable? Think again! In this session you will learn tricks and tips to stretch your dollar further while learning how to prepare healthy meals affordably!

PANTRY MAKEOVER

Sometimes the things that cause us to derail most from our health goals are lurking in our own cupboards! Learn easy ways to set yourself up for success from the moment you open your pantry.

KIDS AND HEALTHY EATING

Defeated by your kids refusal to eat their vegetables? Our kids learn from us, and there are ways we can help prepare them, and ourselves, for success! Learn ways to make healthy eating more fun for your whole family!

SIX DIMENSIONS OF WELLNESS

Did you know that there are six dimensions of wellness? And when one is out of whack, we feel unhealthy, unhappy, or just plan out of whack! Learn about each of the dimensions, as well as ways to achieve your own wellness.

STAYING ACTIVE IN THE WORKPLACE

Many American's spend most of the day sitting, and most health professionals agree that sitting is the new smoking. Learn ways to incorporate physical activity into your workday and improve your mood and health!

NUTRITION 101

Everyday we hear new health trends, but how do we know what is actually true? Learn the basics of nutrition so that you can learn to tell fact from fiction.

INTERESTED IN A TOPIC NOT LISTED ABOVE? CONTACT COMMIT TO FIT STAFF TO DISCUSS OTHER AVAILABLE OPTIONS.

Email commit2fit@flint.org or call 810.232.2228