



Better Body. Better Life.

Air Force Weight Management Program. ©
2012 Air Force Health Promotion



Better Nutrition

Better Carbs

Better Choices

Better Planning

Better Traction

The Air Force Weight Management Program, **Better Body. Better Life.**, is designed to help individuals seeking to lose and maintain their weight and enjoy an overall healthy lifestyle. It includes general information on nutrition, physical activity and behavioral issues dealing with weight and lifestyle. This program helps participants identify personal goals along with ways to make behavioral changes to meet those specific goals. Although open to everyone, this program specifically targets those airmen who fail their fitness test due to their abdominal circumference (AC).

Location: Health and Wellness Center (HAWC)

To Sign Up or Get More Information Contact:

Ms. Lisa D. Chan, MS, RD, CSSD

Health Promotion Registered Dietitian

720-847-6865 or Lisa.D.Chan.CTR@mail.mil

Offered:

The last TWO Tuesdays of every month: 1530-1630

This is a TWO part class, taking place on consecutive Tuesdays

Next offered: 19 and 26 June 2018

24 and 31 July 2018

21 and 28 August 2018