



# Nutrition Warriors

Come & Join Us

**Every Thursday**

**Starting August 27<sup>th</sup>, 2015**

**Time: 10:00-11:00 a.m.**

**Location:** Osage County Health Department

Pawhuska, Ok

## What is Nutrition Warriors?

*Nutrition Warriors is a free class that will be offering nutrition and healthy eating tips, light fitness, body transformation, and a support group for ages 18 and older.*

- A. Nutrition & Healthy Eating Tips
  1. Food Preparation
  2. Do's & Don'ts to healthy eating
  3. How to read food labels
- B. Light Fitness
  1. Stretching Exercise's
  2. Working out with bands
  3. Light cardio
- C. Body Transformation
  1. Monthly weigh in's (start-finish)
  2. Track measurements
  3. Track BMI
- D. Support Group
  1. Talk about the struggles of getting healthy.
  2. Offer ideas & solutions to problems that may deter individuals from staying on track.
  3. Have accountability partners



**\*\*If you are interested please RSVP with Katelynn Rulo through email at [krulo@osagenation-nsn.gov](mailto:krulo@osagenation-nsn.gov) or Shay Luey at 918-440-7889 or 918-287-5267\*\***

Hope to see you there!

