



Nutrition Warriors

Come & Join Us

Every Wednesday

Date: February 4th, 2015

Time: 10:30-11:30

Location: Osage County Health Department

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 or Shay Luey at 918-440-7889 or 918-287-5267****

Hope to see you there!

