

FIT

*(Forever Improving
Through)*

Wellness Series



What Makes This Program Unique?

Each class includes a discussion and activities to reinforce the information and strategies.

You as the participant take the front seat in creating healthy lifestyle behaviors.

This series takes nutrition and wellness information and brings it to you in a simple, fun, and interactive class.

If your organization, volunteer group, school, club, etc. would be interested in holding the FIT Wellness Series at your location, please contact UF/IFAS Osceola County Extension.

Class Overview

Session 1-What's my "Why"?

Session 2– Prioritizing Your Health

Session 3- Back to Basics – Nutrition 101

Session 4- Be Label Wise – Reading a Food Label

Session 5- Not all Diets are Created Equal

Session 6– Setting Yourself up for Success

Program Information

Participants develop at least one goal, which they work on during the series.

Participants record and track their weight weekly.

Can also track other health data related to the goal(s).



**UF/IFAS Extension
Services - Osceola
County**

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