





~ March 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Healthy weight Week: Understanding Body mass index	 2 Dr. Seuss Birthday Defining Over Weight & Obese	3 Back to Basics for Healthy Weight Loss	4 Free Body Comp 7:00-10:00 12:00-1:00 5:00-7:00pm	5 Tips for Eating Out	6
7 <i>Healthy Recipes All week</i> Kids & Nutrition information all week	8 <i>Individual Breakfast Pizza</i> Better Breakfasts	9 <i>Buffalo Strips with Blue Cheese Dipping Sauce</i> Balanced Meals Autism & Diet	10 <i>Banana-Berry Smoothie</i> No More Food fights	11 <i>Chocolate Chip Pie</i> Eat right to Play Hard	12 <i>Antipasto Salad</i> Delicious Family Dinners	13 Physical Activity & Kids
14  Daylight Saving Time Begins EXERCISE & NUTRITION information all week	15 Eat Right for Endurance	16 Hydrate Right Eat Right For Resistance Training	17 St. Patricks Day Choosing a Nutrient-Rich Diet 	18 Eating During Exercise Lecture: coming to grips with the basics of nutrition and exercise which helped me achieve <i>healthy weight loss</i> of 125 lbs so far. Rich Brandoli 7:00pm	19 Eating Before & After Exercising	20 First Day of Spring 
21 Reading Labels Informational Packets all week	22 A Quick Guide to Nutrition Labeling	23 The Ins and Outs of Health Claims on Food Labels	24 The Basics of the Nutrition Facts panel	25 Food Labels for Infants under Two	26 Eat right to prepare for tomorrow's micro triathlon!	27 Indoor Micro-triathlon 10:00-12:00
28 Women and Nutrition informational packets	29 Polycystic Ovarian Syndrome Eating healthy for Women	30 Weight Gain at College Bone Health for Women	31 Eating Healthy During Menopause	Notes: Attleboro YMCA Indoor Games Tuesday March 2, 2010 (Downtown) 6pm Start time Practice and Coaching help 5:30pm – 6pm. Competition for ages 15 & under in: Shot Put, High Jump, 60 meter Shuttle run race, and 4x40 meter relay races. 2 year age group awards, ribbons to top 3 finishers in age group. No Spikes \$3 includes all events. Pay at event.		

YATTLEBORO

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