



**University of Michigan
Health System**

Metabolic Fitness Program - Education Sessions		
Date	Facilitator	Topic
1/6/2015	Martha	A Taste of the Mediterranean
1/13/2015	Martha	Welcome to the Metabolic Fitness Program (New Start Night)
	Sam/Kari	Fitness Focus - Interval Training
1/20/2015	Martha	Finding Success One Day at a Time
1/27/2015	Martha	Using Fats to Your Advantage with a Mediterranean Eating Pattern
2/3/2015	Dr. Rubenfire	Cardiovascular Disease and the Metabolic Syndrome
2/10/2015	Martha	Welcome to the Metabolic Fitness Program (New Start Night)
	Sam/Kari	Fitness Focus - Strength Training
2/17/2015	Claire Weiner	Behavior Change and Stress Management
2/24/2015	Martha	Strategies to Reduce Your Risk of High Blood Pressure
3/3/2015	Martha	The Truth About Carbs
3/10/2015	Martha	Welcome to the Metabolic Fitness Program (New Start Night)
	Sam/Kari	Fitness Focus - All About Calories
3/17/2015	Kari	Developing Your Support System
3/24/2015	Martha	Eating with Awareness
3/31/2015	Martha	Eating Well at Home and Away
4/7/15/	Martha	Plannning for Imperfection--Don't Let a Lapse Become a Relapse
4/14/2015	Martha	Welcome to the Metabolic Fitness Program (New Start Night)
	Sam/Kari	Fitness Focus - 23 1/2 Hours
4/21/2015	Claire Weiner	Behavior Change and Stress Management
4/28/2015	Martha	Meal Planning Strategies
5/5/2015	Dr. Rubenfire	Cardiovascular Disease and the Metabolic Syndrome
5/12/2015	Martha	Welcome to the Metabolic Fitness Program (New Start Night)
	Sam/Kari	Fitness Focus - Strength Training
5/19/2015	Patrick	Navigating Technologies for Healthy Living
5/26/2015	Martha	A Virtual Grocery Store Tour
6/2/2015	Martha	Portion Distortion and Weight Management
6/9/2015	Martha	Welcome to the Metabolic Fitness Program (New Start Night)
	Sam/Kari	Fitness Focus - Exercise and Energy Rumors
6/16/2015	Claire Weiner	Behavior Change and Stress Management
6/23/2015	Martha	A Taste of the Mediterranean
6/30/2015	Martha	Finding Success One Day at a Time