

# THE IMPORTANCE OF **GOOD HEALTH NUTRITION & ACTIVITIES** MAY 17, 2025

## **Part 1 | 10:00AM-11:00AM**

### **Health and Nutrition Session** Presented by **SSG Travaas Warren:**

Glute Specialist, Nutritionist, Personal Trainer, Certified Body Builder, Master Fitness Trainer & is CPR Certified along with teaching Strength and Conditioning.

The session will discuss the importance of getting the proper amount of sleep, exercise and nutrition one needs to maintain a healthy productive body; how to loss fat, gain muscle and or tone muscle to pass PT test; help moms lose baby weight or to feel good in the body you're in.



## **Part 2 | 11:00AM-12:00PM**

### **The Importance of Good Health, Nutrition, & Activities!**

The (ACTIVITY) part instructed by **Ms. Angie** it will be a Zumba (Boots on the ground) kind of time where rhythm and movement meet. You can dance at your own pace as you burn calories, meet new people as you learn that working out (DANCING) can be fun in a judgement free zone.



**@Nelson Fitness Center**

