Information Fit & Slim Course 2016/2017

General information

Would you like to know how to live a fit and active life? Cardio-fitness and nutrition play a very big role in a healthy life-style and the Fit & Slim course will give you a great start towards achieving your new and improved healthy way of living.

Location: conference room (in Fitness 1).

Start Date: every first Wednesday of the month.

Duration: 60 minutes per week during 4 weeks.

Lesson schedule: Wednesday evenings from 19:00-20:00.

Materials: use of towel is mandatory.

Clothes: sports clothes and indoor shoes are mandatory.

Level: for everyone that wants to get fit(ter).

Goal: towards the end of the course the participants will know how to make wise choices for a fitter life style with the use of cardio training and good nutrition.

Costs: free

Enrolment procedure: you can register via our website, log in and go to course registration.

Extra:

During the course the following aspects will be discussed:
- Body measurements
- Explanation cardio- machines
- Nutritional information
- Explanation Weight machines

For questions about the course, you can contact Miss Manon van Lint, coordinator courses: e-mail: ssccursus@tue.nl tel: 040-247 5002