

May 2010



APFRI Class Schedule

<http://usacac.army.mil/cac2/cgsc/Events/APFRI/index.asp>



Monday	Tuesday	Wednesday	Thur	Friday
3 MAJ Trisha Stavinoha MS, RD, CSSD, CSCS *Special Effort Soldiers & Supplements: How to be a Smart Supplement Shopper 1245 *Marshall Auditorium Lewis & Clark	4	5 *Deployment Fitness 1245 Arnold Conference Room Lewis & Clark	6	7 *Metabolic Syndrome 1245 Marshall Auditorium Lewis & Clark
10	11	12	13	14
17*Weight Control Arnold Conference Room 1245 Lewis & Clark <hr/> *Lumbar Stabilization Gruber Gym Special Effort 1500	18	19 *Restorative Sleep Lewis & Clark 1245 Room 2310 *Special Effort <hr/> *Strength Program Design 1500 Gruber Gym	20	21 *Injury Prevention 1300 Gruber Gym
24	25*Physioball 1500 Gruber	26	27	28

*Please wear exercise attire for Hands-On fitness classes. All Hands-On classes are held at Gruber Fitness Center.

*For more information and lecture hall locations please call 758-3421

*Special Effort classes may qualify for writing and/or blog credit.

All classes are for CGSC Students and are open to spouses and the community on a space available basis. No need to sign up in advance.—Except Commissary Tours.

APFRI Interactive Lectures Schedule Descriptions 1245

Check out our Facebook Page for updates



Army Physical Fitness Research Institute (APFRI)- CGSC Annex

Soldiers & Supplements: How to be a Smart Supplement Shopper *Special Effort

MAJ Trisha Stavinoha, MS, RD, CSSD, CSCS Guest Speaker

Soldiers take the same amount of supplements as the general population. Some supplements are good to take, some do absolutely nothing and are a waste of money, and some are dangerous by interacting with medications and medical conditions. MAJ Stavinoha will help you learn how to be a better supplement shopper or how to inform your soldiers on what to look for in supplement products. **Marshall Auditorium L & C**

Deployment Fitness APFRI Staff

This interactive lecture provides alternative strategies that can be used to maintain aerobic fitness and strength during high OPTEMPO or deployment. **Arnold Conference Room L & C**

Metabolic Syndrome APFRI Staff

This lecture will promote an understanding of Metabolic Syndrome, its causes, signs & symptoms and the actions needed for treatment goals. **Marshall Auditorium L & C**

Weight Control APFRI Staff

This interactive class discusses fad diets, healthy food choices, exercise, and supplements for weight management. **Arnold Conference Room L & C**

Restorative Sleep APFRI Staff * Special Effort

This class focuses on the causes of sleep disorders that persist after deployment and review methods to counteract sleep disturbances. **Room 2310 L & C**

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