

# HEALTHY START PROGRAM

for RiverPlex Members



## **FREE Nutrition & Exercise Seminar\*** **the first Saturday of the month | 10am**

During this seminar, you will learn:

- The basics of healthy eating, weight loss and goal setting.
- How to create your own workout program including the FITT principle, proper form and designing your strength, cardio and flexibility routine.

*Classes are held at the RiverPlex and are led by OSF Saint Francis Registered Dietitians and RiverPlex personal trainers.*

*To sign up, visit the RiverPlex front desk, call Amber Parkinson at 282.1543 or email [aparkinson@peoriaparks.org](mailto:aparkinson@peoriaparks.org)*

*\*Must be a RiverPlex member to attend.*

