

## How the Class Works:

### LIVE! Weekly Webinars Online

Tuesdays from noon -1 p.m. CST  
February 7 – March 20, 2012

### Can't make it Tuesdays?

Recorded Webinar sessions will be available for viewing at your convenience 24 hours after each Tuesday session.

### On-line Support:

- Submit questions to instructors
- Interact with other participants
- Access to handouts, links, and resources

### Prefer attending the class with others?

To find a location near you, check out:  
[food.unl.edu/web/fnh/food\\_fitness](http://food.unl.edu/web/fnh/food_fitness)

### Registration:

#### Registration Fee: \$20

Includes wellness kit, postage and class fees

#### Register online / credit card:

<http://go.unl.edu/creatingbalance>

**Register by Mail:** Complete form & mail with payment.

**Early Registration:** Dec. 19, 2011 – January 31, 2012

**Late fee:** \$25 after Jan. 31, 2012

**Cancellations** – Before Jan. 24, Call: 800-328-2851 or 402-472-1772

### What graduates have said about UNL Extension's classes:

“A great part of this program was the option to attend class or participate on your own time. It covered a variety of areas needed to complete a healthy body.”

“This wellness program by UNL Extension was educational, engaging and very affordable. It was a great foundation for life-long changes.”

“The information was very useful and when the presenters shared their personal ideas, goals and struggles with us, it was great. It just wasn't our little group with our goals and struggles; it was others across the state.”

### Questions & more Information:

*Lisa Franzen-Castle, MS, RD, PhD*

*Extension Nutrition Specialist*

*E-mail: [lfranz2@unl.edu](mailto:lfranz2@unl.edu)*

*Phone: 308-632-1256*

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Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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**EXTENSION**

Know how. Know **now**.



**Class runs Feb. 7 –  
March 20, 2012**

**Registration opens  
Dec. 19, 2011**

**Space is limited!**



# Creating Balance with Food & Fitness



**This is a seven-week series of interactive sessions that will help you:**

- Know your numbers (i.e. blood pressure, cholesterol)
- Develop goals to improve or maintain health
- Balance calories to manage weight
- Know which foods to increase
- Know which foods to reduce
- Increase your physical activity level

## Program Topics Include:

- USDA's MyPlate / MyPyramid guidelines
- Being a healthy role model
- Getting the most out of nutrition facts
- How do portion sizes measure up?
- Meal planning & dining out
- Fad diets
- Snacks & beverages
- Foods to reduce: fats, sugars & sodium
- Foods to increase: potassium, calcium, vitamin D, & fiber
- Recipe modification



**Creating Balance with Food and Fitness** is a wellness program for adults that is interactive, convenient, flexible, and fresh, has lots of variety, is professional, and can be a little or a lot depending on what you want.

You can take the class alone; get together with co-workers or friends, or a combination of both depending on your schedule. It is a great worksite wellness class that can be taken over the noon hour.

Name (first and last): \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
Company name: \_\_\_\_\_  
Address (mailing address for kits to be sent via U.S. Postal Service): \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Special Needs: \_\_\_\_\_

Mail (with \$20 check payable to *University of Nebraska-Lincoln*) to:  
UNL CARI Registration Services  
Attn: Audrey George  
103H Miller Hall  
Lincoln, NE 68583-0711