Information Fit & Slim Course 2014/2015

**General information**

Would you like to know how to live a fit and active life? Cardic-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 the Cardio fitness area).

**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 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: m.v.lint@tue.nl tel: 040-247 5002