

PSP OUTCAN, MFSEurope and MFSUS invite you to:

Learn how to get healthy with a

# Fitness Training Program

Your OUTCAN posting is a great time to start!

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**When:** Thursday, September 20th

7pm CEST, 6pm BST, 1pm EDT, 12pm CDT, 11am MDT, 10am PDT, 9am AK, 7am HI

**Where:** Your computer via the WebEx Online Meeting Platform

## REGISTER HERE



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Learn how to successfully begin and follow a fitness program!

Topics will include:

- identifying and overcoming barriers
- goal setting
- exercise prescription
- sample training program
- injury prevention and more!

Questions encouraged!

For more information contact the OUTCAN Physical Fitness Coordinator at:  
[Todd.Cirka@forces.gc.ca](mailto:Todd.Cirka@forces.gc.ca)