

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!

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



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:

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