









Awareness & Education Course Catalog

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2010 Classes: June, July & August

BC 10x: Behavior Change (BC) Courses

Learn what behavior change is all about, where to start, and how to stay on track.

2010 Topics: *Getting moving may save your life. Learn about the negative impact to your health from inactivity and how to get moving. Cancer prevention may be helped in a variety of ways starting with a change in behavior. Learn to incorporate healthy behaviors into your overall health approach.*

2009 Topics: *class descriptions are at the end of the catalog. 2009 classes will be repeated again in 2011.*

BC104 **June 2010**

Get Up, Get Out, Get Moving; Why Physical Activity Works!

Physical activity plays a significant role in disease prevention and health. Leisure time physical activity has decreased in our nation and obesity is on the rise. Learn more about how inactivity can impact your life and what you can do to reduce your risk. Let us help you get up, get out and get moving in a healthy direction. This is a repeat of BC104 from 2009.

BC105 **July 2010**

Can Exercise Prevent Cancer?

Cancer – a leading cause of death of both men & women in the U.S. – has long been a mysterious killer that researchers have sought after a cure for. Though a cure is yet to be discovered, research has shown that exercise can reduce the incidence and improve the prognosis of many types of cancer; including, prostate, breast & colon cancer. Come learn how being physically fit can lower your cancer risk.

BC106 **Aug 2010**

Stuck In a Rut? Break Out of it With Cross Training







Cross-training is an easy way to add variety to your exercise program, whether you want to live a healthier lifestyle or you're an advanced athlete who wants a more varied training regimen.



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2009 Classes: will run again in 2011

BC 10x: Behavior Change (BC) Courses

Learn what behavior change is all about, where to start, and how to stay on track. Topics will cover the basics of each level of readiness, barriers, and relapsing. Classes focus on weight, cardiac risk, and physical inactivity. Let us show you what JSC offers in the area of behavior change programs and assessments with our Behavior Change Specialist.

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|---------------------------|--|
| BC101
June 2009 | Making the Change – Adopting Healthy Behaviors
<i>Incorporating healthy behaviors into your lifestyle requires a change—are you ready? Come learn about the stages of change, your personal readiness level, and how to recognize and remove barriers to a healthier lifestyle.</i> |
| BC102
July 2009 | Behavior Change for Weight Loss – Controlling Your Weight
<i>Does your goal weight seem to be unattainable? This class will outline your personal process to making the changes that enable you to meet your goal weight. Get motivated and break through the obstacles holding you back!</i> |
| BC103
Aug 2009 | Behavior Change for Cardiac Risk
<i>Cardio Vascular Disease (CVD) is the number one health threat in our nation and is related to several lifestyle behaviors. If you're struggling with high blood pressure or cholesterol, smoking, diabetes or weight issues, this class is for you. Let us help you get CVD under control and turn this around toward a longer healthier life.</i> |
| BC104
Sept 2009 | Behavior Change for Inactivity
<i>Physical activity plays a significant role in disease prevention and health. Leisure time physical activity has decreased in our nation and obesity is on the rise. Learn more about how inactivity can impact your life and what you can do to reduce your risk. Let us help you get up, get out and get moving in a healthy direction.</i> |