



## Vegas PBS offers workshops on Health, Nutrition and Fitness at no charge to your Troops

Vegas PBS can provide workshops on either (or both) Fitness or Nutrition. All materials will be provided for workshops. These workshops will help you with the *Personal Fitness Merit Badge*.

### Fitness Workshops:

include instruction on how to safely use:

- jump ropes
- resistance tubes
- "Fit Deck" of exercise cards
- "Eat This, Not That" book
- sport flyer



### Nutrition Workshops:

teach about healthy choices in a real-world based way.

Topics include:

- a 15-minute video (MyPlate and You)
- portion sizes
- sugar and sugary drinks
- visual aid food props
- healthy alternatives

**To schedule a workshop (at your location) or for more  
information, please contact:**

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