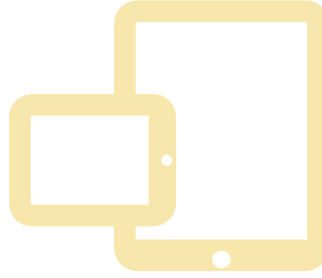
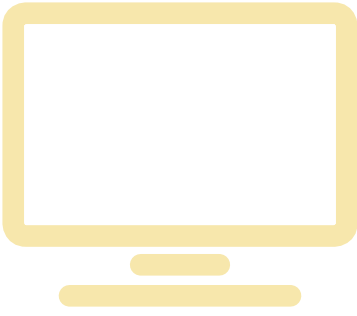


CIRMA E-Learning Center

Eating Right for Health and Fitness Online Training Program



Our E-Learning Programs are **FREE** to all CIRMA members.

Course Description:

Over 60 million Americans age 20 years and older are obese. More than 9 million children and teens between the ages of 6-19 are overweight. 23.6 million children and adults in the United States-almost 8% of the total population have diabetes and another 1.6 million new cases of diabetes are diagnosed in people aged 20 years and older each year.

While genetics and lifestyle decisions play a role in these statistics, the sobering truth is many of these health problems might have been avoided by practicing healthy eating habits. In this course, the learner will discover how healthy eating make one feel better, look better, and live longer.

Time: Approximately 30 minutes [Preview the Eating Right for Health and Fitness online training program here.](#)

Learning Objectives:

- Identify foods that are part of a healthy diet
- Recognize foods that should be avoided
- Understand the role carbohydrates, protein, vitamins and minerals, fiber, and calcium play in proper nutrition

Key Topics Include:

- Dark Horizons
- Type II Diabetes
- Cardiovascular Disease
- All Things in Moderation
- What Does "Eating Healthy" Really Mean?
- Carbohydrates
- Poor Sugar Management, Insulin and Diabetes
- Protein
- Fats and Cholesterol
- What Are Trans Fats?
- What Is Fiber and Why Is It Important?
- The Importance of Calcium

To access CIRMA's E-Learning Center or to see a complete schedule of CIRMA's instructor-led Training & Education programs, please visit —

www.CIRMATraining.org

To register for this course, please contact your organization's E-Learning Administrator.

