

November 13 Monday	November 14 Tuesday	November 15 Wednesday	November 16 Thursday	November 17 Friday
Blood Work 6-8 a.m. 15-minute sessions	Blood Work 6-8 a.m. 15-minute sessions	Blood Work 6-9 a.m. 15-minute sessions	Blood Work 6-9 a.m. 15-minute sessions	Blood Work 6-8 a.m. 15-minute sessions
Functional Movement Screen 20 minutes 8-10 a.m. & 1:30-3:30 p.m.	One-on-One Coaching 20-minute sessions 10 a.m.-Noon	Cardiovascular Testing 20 minutes 9 a.m.-Noon	Cardiovascular Testing <i>Turkey Trot Express</i> 20minutes 8-10 a.m., 11 a.m.-1 p.m. and 4-6 p.m.	Cardiovascular Testing 20 minutes 8 a.m.-Noon
One-on-One Coaching 20-minute sessions 10 a.m.-Noon	Functional Movement Screen 20 minutes 2-5 p.m.	Body Composition 5 minutes 9 a.m.-Noon	One-on-One Coaching 20-minute sessions 2-4 p.m.	Body Composition 5 minutes 8 a.m.-Noon
	Mindful Eating Lecture Noon-1 p.m.	Stress Questionnaire 5-10 minutes 9 a.m.-Noon		Stress Questionnaire 5-10 minutes 8 a.m.-Noon
	Female Focus Class 1:50-2:45 p.m.	Clean Out Your Fridge 9 a.m.-Noon		Cooking Demo 6-8 p.m.
Daily Tips and Activities	Daily Tips and Activities	One-on-One Coaching 20 minutes 2-5 p.m.		
		Daily Tips and Activities		Daily Tips and Activities



See complete Cooper Quest Week details on the back.

COOPER QUEST WEEK

DIABETES

NOVEMBER 13-17

MONDAY, NOVEMBER 13



-  **BLOOD WORK**
15-minute sessions | 6-8 a.m. | CFC Lobby
-  **FUNCTIONAL MOVEMENT SCREEN**
15-minute sessions | 8-10 a.m. & 1:30-3:30 p.m.
Check in at the Cooper Quest table in the CFC Lobby

DAILY TIPS & ACTIVITIES

Stop by the Cooper Quest table for a goal-setting worksheet to guide you into winter. Share a photo of your motivation on Facebook with #CooperQuest for your chance to win a prize!

- ONE-ON-ONE HEALTH COACHING**
20-minute sessions | 10 a.m.-Noon | CFC Lobby

TUESDAY, NOVEMBER 14

-  **BLOOD WORK**
15-minute sessions | 6-8 a.m. | CFC Lobby
-  **FUNCTIONAL MOVEMENT SCREEN**
15-minute sessions | 2-5 p.m.
Check in at the Cooper Quest table in the CFC Lobby

DAILY TIPS & ACTIVITIES

Power your path by attending our nutrition lecture and Female Focus class.

- ONE-ON-ONE HEALTH COACHING**
20-minute sessions | 10 a.m.-Noon | CFC Lobby

PREVENTING DIABETES WITH MINDFUL EATING LECTURE

Katherine Nashatker, RDN, LD, CDE

Learn practical nutrition tips to support a healthy body weight and reduce the risk of developing type 2 diabetes.

Noon-1 p.m. | CFC Conference Room

FEMALE FOCUS FITNESS CLASS

Colette Cole, Professional Fitness Trainer

Health and fitness tailored for women. Enjoy a Female Focus small group strength-training circuit class and learn how the program provides tools for weight loss and disease management.

1:50-2:45 p.m. | Aerobics Studio

WEDNESDAY, NOVEMBER 15


-  **BLOOD WORK**
15-minute sessions | 6-9 a.m. | CFC Lobby
-  **CARDIOVASCULAR FITNESS SCREENING**
20-minute sessions | 9 a.m.-Noon | CFC Lobby
-  **BODY COMPOSITION**
5-10 minutes | 9 a.m.-Noon | CFC Lobby
-  **STRESS QUESTIONNAIRE**
5-10 minutes | 9 a.m.-Noon | CFC Lobby

Daily tips & activities

It's National Clean Out Your Refrigerator Day. Visit the Cooper Quest table and pick up tips to clean out your fridge and pantry and move healthy foods front and center.

- ONE-ON-ONE HEALTH COACHING**
20-minute sessions | 2-4 p.m. | CFC Lobby

THURSDAY, NOVEMBER 16

-  **BLOOD WORK**
15-minute sessions | 6-9 a.m. | CFC Lobby
-  **TURKEY TROT EXPRESS**
Come "trot" around the track to determine your VO2 score. Walk one mile or run 1.5 miles and receive a prize.
20-minute sessions
8-10 a.m. , 11 a.m.-1 p.m. & 4-6 p.m.
Outdoor Track (meet by the pool)

FRIDAY, NOVEMBER 17

-  **BLOOD WORK**
15-minute sessions | 6-8 a.m. | CFC Lobby
-  **CARDIOVASCULAR FITNESS SCREENING**
20-minute sessions | 8 a.m.-Noon | CFC Lobby
-  **BODY COMPOSITION**
5-10 minutes | 8 a.m.-Noon | CFC Lobby
-  **STRESS QUESTIONNAIRE**
5-10 minutes | 8 a.m.-Noon | CFC Lobby

DAILY TIPS & ACTIVITIES

Come by the Cooper Quest table to recap on the week and pick up anything you missed!

COOKING DEMO

Cindy Kleckner, RDN, LD

Nutrition is pivotal to diabetes care. Enjoy preparing quick and easy recipes incorporating healthy fats. We'll also discuss the Nutrition Facts on food labels, carb counting, proper serving sizes and how popular sweeteners compare.

6-8 p.m. | Cedars Woodfire Grill



Register for events on the Cooper Quest web page, on the CFC Member App or at the Service Desk.