



Discussion Date:  
Tuesday, Sept. 14, 2010  
Thursday, Sept. 16, 2010

Tuesday 6pm  
Solomon Center  
Thursday 5:30pm  
Thomas Lee Hall Library  
JOIN US!

## 'Fit To Read'

*Nutrition Know Now*  
Group Discussion

**Book Selection: "Fit for Life"**

by Harvey & Marilyn Diamond

can't find the book? Check Thomas Lee Hall Library or go online



Read the book

Discuss the book

Learn from the book

# Fit to Read

By: Pamela Greene, Fitness Programmer

Fitness and nutrition continue to saturate the bookstores and commercials with information on what we as consumers need to eat, drink, and physically do in order to maintain that precious fountain of youth. From P90X to Red Bull...products believe they have the answer and if you don't have their product then you should rush out and buy that product! That being said, I bet many of us have done just that...rushed out and bought the product; used it for a moment then complained on how it did not work. As a consumer resource as to what to buy and what to try; 'Fit to Read' wants to create a community of readers of information that is health and fitness related. This information will be in book or article form with a timeline in which to read the material and an exact date as to when a complete discussion can take place regarding information read.

'Fit to Read' is another source that the Fitness Department believes will continue to arm the member with education as it relates to their health and fitness need. These needs will be shared with their families and friends and hopefully result in healthier communities. 'Fit to Read' is a book discussion group. It is not a lecture; it is a platform for concerned individuals who want to take another step towards getting their health under control. 'Fit to Read' selects a book and provides where copies can be purchased from. Each participant is given 45 days to read the book and then come together on the set date for the book discussion. It's just that easy! You can contact Pam Greene at 803-751-5768 for more information.