

## Sample One-Day Agenda

5:15 — 8:00 a.m.	<b>Optional Exercise at Cooper Fitness Center</b>
7:00 — 8:00 a.m.	<b>Morning Walk and Stretch</b> with Valarie Ponce, M.S., Cooper Wellness Program
8:00 — 8:45 a.m.	<b>Breakfast Buffet and Lecture</b> with Kathy Duran-Thal, R.D., nutrition director, Cooper Wellness Program
9:00 — 10:00 a.m.	<b>“Lifestyle Fitness”</b> with Colette Cole, Senior Professional Fitness Trainer, Cooper Fitness Center
10:10 — 10:30 a.m.	<b>Heart Rate Monitor Demonstration</b> with Susie Kania, M.S., fitness director, Cooper Wellness Program
10:30 — 11:00 a.m.	<b>Walking for Health and Fitness</b> with Susie Kania, M.S., fitness director, Cooper Wellness Program
11:00 — 12:30 p.m.	<b>“Guidelines for Optimal Nutrition”</b> with Kathy Duran-Thal, R.D., nutrition director, Cooper Wellness Program
12:30 — 1:30 p.m.	<b>Lunch-Cooking School</b> with Kathy Duran-Thal, R.D., nutrition director, Cooper Wellness Program
1:30 — 2:00 p.m.	Break
2:00 — 4:00 p.m.	<b>Personal Training Sessions</b>
4:00 — 4:30 p.m.	<b>Book Review</b> with Cindy Bostick, Cooper Wellness Program
4:30 — 5:30 p.m.	<b>“Coronary Disease: Are You at Risk?”</b> with Nina Radford, M.D., Director of Cardiology, Cooper Clinic
5:30 — 6:00 p.m.	Break
5:30 — 7:30 p.m.	<b>Optional Exercise at Cooper Fitness Center</b>
6:00 — 7:00 p.m.	<b>Dinner in the Cookery</b>
7:00 — 9:30 p.m.	<b>Optional Exercise and Relaxation Services</b> (Cooper Spa closes at 8:00 p.m., whirlpool/sauna/steam room close at 9:30 p.m.)