

ZACHARIAS GANEY HEALTH INSTITUTE

MAKE IT PERSONAL LECTURE SCHEDULE *October 2008*

1311 Palmyra Avenue Richmond, VA 23227 Phone 804 358-1000 Fax: 803 358-1600 www.ezhealthinstitute.com

			1 Lecture 10 10am-11:30	2	3	4
5	6 Lecture 5 10am-11:30 6pm—7:30 Insulin Resistance	7	8	9	10	11
12	13 Lecture 6 10am-11:30 6pm—7:30 Metabolic Syndrome	14	15 Lecture 1 10am-11:30 & 6pm—7:30 MIP Intro and Glucose Balance	16	17	18
19	20 Lecture 7 10am-11:30 6pm—7:30 Fats and Lipids	21	22 Lecture 2 10am-11:30 & 6pm—7:30 Glycemic Index	23	24	25
26	27 Lecture 8 10am-11:30 6pm—7:30 MIP and Continuation	28	29 Lecture 3 10am-11:30 6pm—7:30 Cardiac and Aerobic Training		31	

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MAKE IT PERSONAL LECTURE SCHEDULE

November 2008

1311 Palmyra Avenue Richmond, VA 23227 Phone 804 358-1000 Fax: 803 358-1600 www.ezhealthinstitute.com

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2	3 Lecture 9 10am-11:30 6pm—7:30 Goal Setting	4	5 Lecture 4 10am-11:30 6pm—7:30 Resistance Training	3 0	7	8
9	1 0 Lecture 10 10am-11:30 6pm—7:30 Metabolism	1 1	1 2 Lecture 5 10am-11:30 6pm—7:30 Insulin Resistance	1 3	1 4	1 5
1 6	17 Lecture 1 10am-11:30 & 6pm—7:30 MIP Intro and Glucose Insulin Balance	1 8	1 9 Lecture 6 10am-11:30 6pm—7:30 Metabolic Syn- drome	2 0	2 1	2 2
2 3	2 4 Lecture 2 10am-11:30 & 6pm—7:30 Glycemic Index	2 5	2 6 Lecture 7 Fats and Lipids 10am-11:30 6pm—7:30	2 7	2 8	2 9
3 0						

ZACHARIAS GANEY HEALTH INSTITUTE

MAKE IT PERSONAL LECTURE SCHEDULE *December 2008*

1311 Palmyra Avenue Richmond, VA 23227 Phone 804 358-1000 Fax: 803 358-1600 www.ezhealthinstitute.com

	1 Lecture 3 10am-11:30 6pm—7:30 Cardiac and Aerobic	2		3 Lecture 8 MIP and Continuation 10am-11:30	4	5	6
7	8 Lecture 4 10am-11:30 6pm—7:30 Resistance and Strength Training	9	10 Lecture 9 Goal Setting 10am-11:30 6pm—7:30	11	12	13	
14	15 Lecture 5 Fats and Lipids 10am-11:30 6pm—7:30	16	17 Lecture 10 Metabolism 10am-11:30 6pm—7:30	18	19	20	
21	22 Lecture 6 10am-11:30 6pm—7:30 Insulin Resistance	23	24	25	26	27	
28	29 Lecture 7 10am-11:30 6pm—7:30 Metabolic Syndrome	30	31				

ZACHARIAS GANEY HEALTH INSTITUTE

MAKE IT PERSONAL LECTURE SCHEDULE JANUARY 2009

1311 Palmyra Avenue Richmond, VA 23227 Phone 804 358-1000 Fax: 803 358-1600 www.ezhealthinstitute.com

SUN

MON

TUE

WED

THU

FRI

SAT

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10

Lecture 8
10am-11:30
6pm—7:30
Mip and Continuation

Lecture 1
Intro and Glucose
And Insulin Balance
10am-11:30 &
6pm—7:30

11

12

13

14

15

16

17

Lecture 9
10am-11:30
6pm—7:30
Goal Setting

Lecture 2
Glycemic Index
10am-11:30 &
6pm—7:30

18

19

20

21

22

23

24

Lecture 10
10am-11:30
6pm—7:30
Metabolism

Lecture 3
V02 and Aerobic
Training
10am-11:30
6pm—7:30

25

26

27

28

29

30

31

Lecture 1
Intro and Glucose
And Insulin Balance
10am-11:30 &
6pm—7:30

Lecture 4
Resistance Training
10am-11:30 &
6pm—7:30

ZACHARIAS GANEY HEALTH INSTITUTE

MAKE IT PERSONAL LECTURE SCHEDULE

February 2009

1311 Palmyra Avenue Richmond, VA 23227 Phone 804 358-1000 Fax: 803 358-1600 www.ezhealthinstitute.com

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Lecture 2 Glycemic Index 10am-11:30 & 6pm—7:30	3	4 Lecture 5 10am-11:30 6pm—7:30 Insulin Resistance	5	6	7
8	9 Lecture 3 10am-11:30 6pm—7:30 Cardiac and Aero- bic Training	10	11 Lecture 6 10am-11:30 6pm—7:30 Metabolic Syn- drome	12	13	14
15	16 Lecture 4 10am-11:30 6pm—7:30 Resistance Training	17	18 Lecture 7 Fats and Lipids 10am-11:30 6pm—7:30	19	20	21
22	23 Lecture 5 10am-11:30 6pm—7:30 Insulin Resistance	24	25 Lecture 8 10am-11:30 6pm—7:30 Mip and Continua- tion	26	27	28

MAKE IT PERSONAL LECTURE SCHEDULE

March 2009

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Lecture 6 10am-11:30 6pm—7:30 Metabolic Syn-	3	4 Lecture 9 10am-11:30 6pm—7:30 Goal Setting	5	6	7
8	9 Lecture 7 Fats and Lipids 10am-11:30 6pm—7:30	10	11 Lecture 10 10am-11:30 6pm—7:30 Metabolism	12	13	14
15	16 Lecture 8 10am-11:30 6pm—7:30 Mip and Continua-	17	18	19	20	21
22	23 Lecture 9 10am-11:30 6pm—7:30 Goal Setting	24	25	26	27	28
29	30 Lecture 10 10am-11:30 6pm—7:30 Metabolism	31				