The Fifth Century General Sun Tzu wrote that all battles are won or lost before the armies reach the field. This session will help you prepare for success in achieving your fitness objectives. Discussion will focus on aligning your fitness program with your life values by showing you how to assess goals, maintain motivation, choose appropriate tools, monitor progress and avoid common traps.

Instructor: James Eatroff, Princeton University Health Services

Register through the Employee Learning Center at www.princeton.edu/training

James Eatroff is a Project Assistant in Health Promotion and Prevention Services for Princeton University Health Services. Certified by the American College of Sports Medicine, Jim has been training people to become more physically fit for nearly 40 years. He specializes in teaching eclectic strategies to overcome the obstacles to living a healthier life. Jim has more than a decade of service at the university.