

# Zacharias Ganey Health Institute



## *Lecture Index*

- Week 1**-Glucose/Insulin Balance
- Week 2**-Glycemic Index
- Week 3**-CardioRespiratory Endurance/VO<sub>2</sub>
- Week 4**-Insulin Resistance
- Week 5**-Fats and Lipids
- Week 6**-Metabolic Syndrome
- Week 7**-Resistance Training
- Week 8**- Metabolism
- Week 9**-Continuation & the ZG Key
- Week 10**-Personal Goal Setting