

NAVY FITNESS INSIDER

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INSIDE THIS ISSUE:

NAVY FITNESS INSIDER HIGH LIGHTS FITNESS PROGRAMS AT NAVSTA MAYPORT

Welcome to the second issue of "Navy Fitness Insider." In this quarters issue we will be highlighting the fitness, sports, and aquatics programs at Naval Station Mayport, FL. This will be a ongoing feature for " Navy Fitness Insider to showcase one base per quarter. This will give the showcased base an opportunity to highlight successful programs that are currently going on at their base.

Topics discussed in this issue will be the problems of budget cuts and what programs should be a priority in your facility. Keeping a fac-

ility clean during working hours and androstene supplements in MWR facilities. Along with the program and recipe of the month this should be

another great issue of "Navy Fitness Insider."



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Upcoming Points of Interest

- May is National Physical Fitness Month. Let us know about any special events you are doing for this month long event

FDA Direction on Androstenedione

As a result of recent government action, those MWR Activities selling dietary supplements should be advised to remove the steroid-like supplement, androstenedione from their operations if found. Commonly called andro, the product is a steroid precursor - the body uses it to make testosterone. That means it

poses the same health risks as directly using an anabolic steroid, the Food and Drug Administration has stated in warnings telling 23 manufacturers to cease their production. Anabolic steroids, which build muscle,



are controlled substances. But andro - because it is a precursor, not the steroid itself - has long been marketed as a dietary supplement, selling over the counter. U.S. law lets dietary supplements sell with little oversight to ensure they're safe. Medical studies show andro does raise testosterone above normal levels. Side effects of elevated testosterone include acne, baldness, and a drop in the so-called good cholesterol that could lead to heart disease.



IDEA OF THE QUARTER "GOLD RUSH"

PROGRAM

Gold Rush

Submitted by: Vance Penn Fitness Director
USS Essex

"There's Gold in Them Thar Hills!"

2 Person Team Event

You're working away in 1849 Virginia when you read in the newspaper gold has been discovered at Sutters Mill, California. Being more than just a little adventurous you decide that you and your prospecting partner are going to go to California and get rich! It's only 3000 miles...You just have to get there...

It's 915 miles from Norfolk, VA to St. Louis, Missouri, "Gateway to the West." In Tennessee you get lost but Davey Crockett points you in the right direction...

As you begin your journey you have a bicycle...

Each team member bike 50 miles

As luck would have it, or bad luck in this case, you lose your bike to Bret Maverick in a St. Louis card game. Oh well, it's all flat-land 855 miles to Denver, Colorado. The Rifleman will be there for protection on this leg of the trip.

Each team member run 45 miles

In Denver Molly Brown gives you a pair of snow shoes. That should help in the mountains. It's 540 miles it's Denver, CO to Salt Lake City, Utah.

Each team member climb 2,500 FT on Versa Climber then

Each team member X-Train (Elliptical machine) 25 miles.

Once you're in Salt Lake City it's only 530 miles across pretty flat country to Silver City, Nevada. Oh, you won another bike in a craps game so join the Wagon Train and get moving.

Each team member bike 40 miles.

In Silver City you meet the Cartwright family and after telling them you know The Virginian they offer you a ride to Sutters Mill, CA. You can stay with the Barkleys while you hunt for gold. Use the free 160 mile ride to rest up for working in the gold fields.

Once you arrive in the gold fields make your way to the creek and pick up your gold.

Each team member push or pull 500 times Concept II machine.

WHOOO HOOO! You're rich! Collect your well earned reward..

Places will receive 1gr. Of gold and a T-Shirt

NAVY FITNESS PRIORITY PROGRAMMING

Given the future funding concerns facing Navy MWR listed below are the top ten fitness programs that each Region/ Installation should provide and remain within budgeted resources. The following assumption have been made for these options.

1. Attaining DoD or Navy Standards is not presently possible across Navy
2. Budgeted funds need to be executed in the program and not migrate from fitness programs.
3. The aquatics activities for Physical Readiness Program must be addressed but recreational swimming facilities maybe curtailed, consolidated or develop options within local area for services.



The Following top ten list is a general plan that you would use if you were forced to cut fitness activities from your

current program. Starting with number ten and ending in number 1 is the order in which you would look if you were forced to make program cuts to save money.

Navy Fitness Top Ten

1. Support the Physical Readiness Program (FEP, Command/Individual assistance)
2. Fitness Staff Assistance on floor
3. Exercise Orientation to Facility and Program (One-on-One or Group)
4. Awareness & Education programs (e.g., stress management, weight control, nutrition)
5. Intramural Sports (Self-Directed participation— Open Gym)
6. Aquatics— Fitness (lap) Swimming
7. Group Exercise Classes

8. Intramural Sports—Team Activities
9. Intramural Sports—Individual /Dual Sports
10. Special Events (e.g., health fairs, triathlons, 5/10k Road Races

Even with this prioritized list it is still always difficult to discontinue a program that is well liked by your base. However with the current budget constraints , we will lose some of the more popular programs to money cuts. We will then have to concentrate on more important aspects of our mission as Navy Fitness.

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KEEPING YOUR EQUIPMENT CLEAN DURING OPERATION HOURS

While visiting numerous fitness facilities throughout the world, I have noticed that cleanliness is not always one of the top priorities in our gyms. I have only seen a few select facilities out there that actually have people cleaning equipment daily during operation hours. This should be a major concern for us because our facilities are some of most highly visible facilities in the Navy. Hundreds or thousands of people come through our doors daily and they expect to see a well



kept and neat looking facility. Cleaning is sometimes contracted out but these individuals do not wipe down frames or do anything but the standard cleaning of floors and mirrors. If it is not being done by the custodial staff we must wipe down our strength equipment and cardio equipment ourselves. Either state to the custodial staff that this needs to be done or a staff member will have to clean and wipe frames daily during slower times. Since it is a slower time they will not be assisting on the floor so it is a

good time to stay on top of the cleaning. Once a week or once a month is not a good cleaning plan. Daily is the best plan of action and more than once daily is even better. Each piece of equipment should be completely wiped down at least once daily. This means frames, plastic, upholstery etc. Look at your gym usage schedule and plan times that equipment should be cleaned and then designate staff members on a rotating schedule to clean during that time. It is a simple plan that will make our gyms look sharp over the long haul.

Walkers need half an hour workout Study says anything less won't maintain weight without diet

By Lee Bowman / Scripps Howard News Service / The Detroit News Thursday, March 4, 2004

Sorry, no shortcuts. You probably need at least a 30-minute walk every day if you hope to maintain weight without dieting, a new study finds.

Smaller increases in daily exercise, like a 15-minute walk, simply won't burn up enough calories to compensate for yearly weight gains seen among increasingly overweight populations, Swiss researchers reported Wednesday in the American Journal of Public Health.

Other research has suggested that if overweight people can increase daily exercise sufficiently to burn about 100 calories a day, or cut food intake by that much, they can fend off further weight increase.



For instance, Duke University researchers reported in January that the equivalent of 30 minutes of walking daily was sufficient to prevent weight gain in a group of otherwise inactive people in late middle age. However, the participants' caloric intake remained the same.

A pound of fat is equivalent to 3,500 calories. How many calories are actually burned during a walk depends on how heavy the walker is, how far he or she walks and, to a lesser extent, how fast. Typically, a 150-pound person needs to walk a mile in 30 minutes or less to burn 100 calories.

Dr. Alfredo Morabia of Geneva University Hospitals, lead author of the new report, said: "If the specific goal is to approach expending 100 calories a day

through walking, the duration should be closer to 60 minutes for slow walking and 30 minutes for moderate or brisk walking."

Morabia and colleague Michael Costanza took government data on the normal physical activity of adults between the ages of 35 and 74 in Geneva and calculated how many additional calories the city's population as a whole might burn if citizens added 15- or 30-minute walks to their daily lives.

The researchers found that adding just a slow 15-minute stroll would burn an average of nine calories a day, while a 30-minute stroll would increase the burn rate to 25 calories. But only with everyone taking a brisk 30-minute walk would the population's average calorie expenditure rise to 100 a day, the researchers said.

HEALTHY CHOICES ON-THE-GO

If you eat out often you are probably consuming a lot more calories, saturated fat and sodium than you realize. Too much saturated fat raises blood cholesterol levels and increases your risk of heart disease. Blood pressure can rise if your sodium intake is too high. We all know what happens when you eat too many calories.

If you do eat out often consider making one of these healthy “Wise Choices.” Food items were selected as “Wise Choice” based on their calories and fat. Many food choices from these restaurants are not listed because they are too high in fat calories.

The detailed nutrition information

listed here for many fast food restaurants was provided by the company. Healthy choices were determined from the menu items offered.

<i>Restaurant</i>	<i>Wisest Choice</i>	<i>Reasonable Choice</i>	<i>Occasional Choice</i>
Arby's	Light Roast Chicken Deluxe (276 Calories, 7g fat)	Junior Roast Beef (233 Calories, 11g fat)	Italian Sub (660 Calories, 36 g fat)
Burger King	Regular Cheeseburger (380 Calories, 19g fat)	Whopper Jr. (420 calories, 24 g fat)	Double Whopper (870 Calories, 56 g fat)
KFC	Tender Roast Breast (169 Calories, 4g Fat per piece)	Original Recipe Drumstick (140 calories, 9g fat per piece)	Extra Crispy Breasts (270 Calories, 28 g fat per piece)
McDonald's	Grilled Chicken Deluxe (300 Calories, 5 g Fat)	Chicken McNuggets (6) (190 Calories, 11g fat)	Big Mac (560 Calories, 31 g fat)
Pizza Hut	Medium Thin'N Crispy Ham Pizza (190 Calories, 6g fat per piece)	Medium Pepperoni Pan Pizza (280 Calories, 12 g fat per slice)	Medium Meat Lover's Stuffed Crust Pizza (500 calories, 23g fat per slice)
Taco Bell	Regular Taco (170 calories, 10g fat)	Chicken Burrito Supreme (550 Calories, 26 g fat)	Taco Salad With Salsa (840 calories, 52g fat)
Subway	6 inch Turkey Breast Sandwich (273 calories, 4g fat)	6 inch Subway Melt (386 cal, 12g fat)	6 Inch Spicy Italian Cold Sandwich (467 calories, 24g fat)
Wendy's	Grilled Chicken Sandwich (310 calories, 8g fat)	Chicken Club Sandwich (470 Calories, 20 g fat)	Big Bacon Classic Hamburger (570 Calories, 29g fat)





NS Mayport Athletics and Fitness Branch Overview

By John Aimone, Athletics and Fitness Coordinator, MWR Mayport

The Athletics and Fitness Branch at Naval Station Mayport consists of the fitness programs, intramural athletics, youth athletics, aquatics, field maintenance, bowling, scuba, and field maintenance. Facilities in the division include the gymnasium, Surfside Fitness Center, an Olympic size heated pool, four adult softball fields, five youth baseball fields, one multi-purpose athletic field, Mayport Bowl bowling center, and Southeast Dive Adventures scuba shop.

Our branch, especially in light of the current budget limitations, has benefited greatly from the wealth of talent employed. Staff has cross-trained in various components of the branch thus sharing the available labor pool. Managers have been teamed to run special events to alleviate the workload on other MWR Mayport facilities. The managers of the individual components have also been instrumental in streamlining processes that are required by MWR both locally and at the regional level. We have basically eliminated duplication of workload. Managers have also been cross-trained in other areas to ensure all operations proceed uninterrupted regardless of scheduled leave or other absences. Managers have also been able to train other managers in areas they are unfamiliar with.

Budget cuts have caused us to look at different areas of our operation to lower costs. We examined our APF funding set aside for sports officials, and realized funds had to be obligated for forfeiture of scheduled games. We do have a policy in place to allow for teams to miss scheduled games due to operational commitments. Almost all the forfeited games were the result of teams showing up late and/or without a sufficient amount of players to play the game. Subsequently, we enacted a \$100.00 registration fee for all teams wishing to participate in a sport per season. The fee is completely refundable if the team does not have any forfeits during a given season. If they forfeit one game \$50.00 is then non-refundable; two forfeits constitute no refund and the team is suspended from the league. Teams are not financially penalized if an operational commitment causes a forfeit. At the season's conclusion, the registration fees are refunded or can be forwarded on to the next season. This policy was enacted

on January 1, 2004, and we have not seen a decrease in team participation due to the registration fee.

Most Navy MWRs allocate APF funds to replace the towels that are given out to patrons daily. We were constantly having to reorder and



replace towels, and would not have enough to provide to our patrons during our busiest times. We enacted a towel card policy, and have not had to order any additional towels in the last six months, when we were previously ordering them monthly. The initial towel card is free; patrons fill-out a form with all their command and contact information and are given a laminated towel card. They give their card to the front desk attendant to receive a towel. Once their towel is returned to the hamper at the front desk they receive their card back.

Some events or programs have been modified or alternative means of funding have been sought to keep them alive. When the South Atlantic Regional Sports (SARS) program was eliminated, we created a tri-base sports calendar that would pit the top two station All-Star teams against each other. NS Mayport, Naval Sub Base King's Bay, and Naval Air Station Jacksonville are all within one hour of each other, so the three bases take turns in hosting the team competitions previously offered in the SARS program. With this proximity there are no lodging or travel costs, and the hosting base only has to cover the sports official's expense.

We have other athletic and fitness events that could no longer be funded, and rather than elimi-

nating them from our calendar, we have worked extensively with the MWR Sponsorship Coordinator to bring in funding to support these events. Since a many of the larger businesses' sponsorship dollars are frequently targeted towards large base-wide events we chose to target smaller potential sponsors. The combination of multiple sponsor dollars and in-kind services have allowed the events to proceed, and gave smaller businesses the advertising opportunity they could afford. Most of these sponsors have returned yearly to sponsor the same event(s).

With the reduction in funding from NPC and locally to replace and repair fitness equipment, a premium has been put on its longevity. We have had several of our fitness trainers trained in basic maintenance of the variety of fitness equipment that we have. We have also developed a preventative maintenance guide that is used by the staff at the gym and fitness center in addition to their normal cleaning duties. This has helped prolong the machinery's life, and provided the staff a greater sense of ownership.

In the aquatics arena, we now have the capability to offer the Red Cross Lifeguard training and Water Safety Instructor (WSI) courses. This serves as a revenue generator, and allows us to have contact with potential future employees. With some of our pool lifeguards possessing the WSI certification we are able to fill two positions, swimming class instructor and lifeguard, with one employee. This lessens departmental personnel costs as well as attracts a better group of applicants for the lifeguard positions.

We have been very diligent in using all past customer surveys, patron counts, and information generated through the various COSIT processes to enact any changes made in programs or hours of operation in the quest to save funding. If you are seeking any additional information or have questions pertaining to our branch I can be contacted at DSN 960-5451, (Com.) 904-270-5451, or via email at jaimone@nsmayport.spear.navy.mil.



EXERCISING THE ACTIVE DUTY MUSCLE

By Emily Deason—Fitness Coordinator NAVSTA Mayport

Readiness is defined as being prepared mentally or physically for some experience or task. The mission of the Navy Fitness Team at NS Mayport, is readiness via a fit and healthy active duty population. This population consists of approximately 14,000 personnel. Of this 14,000 there are many whom frequent our fitness facilities and/or participate in outdoor PT activities, such as running. Then, there are the “others”. You know, the members of the 3 mile club that need an support after the 1.5 mile run twice a year, or the FEP people who despise command PT and finally, the Ship Shape referrals who tend to doze in class! These are the individuals we seek out, in order to destroy their unhealthy lifestyle choices. This is the focus of our programming, to bring all active duty, especially the non-believers, over to our side. A daring, sometimes frustrating task? Yes, but we feel that incorporating the following factors in our program have helped us capture and hold the active duty population, even the “others”: enthusiasm, entertainment, effectiveness and ease.

Enthusiasm – The Mayport Navy Fitness Team reeks of fitness. Fitness is our passion, our positive addiction; and we love getting others hooked. Pushing customer service to the limit and striving to meet every request and need makes **every one** of our “customers” feel important. Exceptional role models and outstanding customer service; the result: more “followers”.

Entertainment – Are you having fun

yet? We are! Laughing and smiling are contagious. Rating high on the fun factor results in a lower rating of perceived exertion. Also, implementing variety in

changes that stick.

Ease – No fancy choreography in our classes, let’s face it; most guys can’t do grapevines without tripping. Our group



all that we undertake reduces boredom. Lower RPE and less humdrum; the result: greater adherence to exercise.

Effectiveness - Mayport’s fitness equipment is the best MWR money can buy, and our programs are innovative. This is the result of the many years of experience and the knowledge the staff possesses. We educate, educate and educate our population at Mayport in all venues possible. This visibility creates interest and has established the Fitness Team as the resident experts. We also provide positive feedback, recognition and material incentives. This is accomplished via our base paper, display boards in our facilities and the creation of incentive programs. The team also provides follow up and always has suggestions for program change. No one walks away discouraged! The provision of tools of our trade that get results, inundation of education, reward systems and follow-up; the result: healthy lifestyle

exercise classes have macho appeal. We stick to basic step choreography, kickboxing, precision cycling, resistance training oriented classes, callisthenic type classes and circuit training. Creating this kind of climate brings more active duty into our classes, and has increased our requests to perform command classes and has increased our involvement in FEP training. Providing identifiable training regimes and programs; the result: greater involvement with CFLs and establishment of the training staff as a vital part of a command’s health and fitness level.

The Navy Fitness Staff at Mayport has developed a close collaboration with Mayport’s Health Promotion Team, the Sports Medicine Clinic and the physicians, nurses and corpsmen at the Branch Medical clinic. With this collaboration, and the enthusiasm, entertainment, effectiveness and ease provided by the Fitness Staff, unhealthy lifestyles at Mayport don’t stand a chance.



FASE THE FACTS

By Rita Hammerstad—Sports Coordinator NAVSTA Mayport

Let's face it; the athletic world can have a pretty routine schedule from season to season. When spring arrives so does volleyball, softball and soccer; then we start summer basketball followed by flag football. Finally we come back around to fall softball, soccer and basketball again. Some bases even throw in tennis and racquetball in the hopes they get enough participation to keep it alive. In order for us to break up the routine of it all we sometimes have to throw a curve ball or take a half-court shot to keep from becoming a robot at our jobs.

Here at Naval Station Mayport we decided to do just that. We used our imagination to create an event that would be challenging to the sailors. We constructed an obstacle course with various events in a small area and went out and dared the sailors to take our challenge. You noticed we used the word "DARE," that is because that is exactly what we did. We went around and dared people to try the course. Everyone who looked at the course laughed and said: "Sure, it looks easy enough" much to their surprise it gave them a challenge that left them asking if they could do it again to improve their time.

We call this event the FASE Challenge. The FASE Challenge is an obstacle course designed to test Fitness, Athletics, Strength and Endurance (hence the FASE Challenge). The course is easy to create; all it takes is your imagination. We took sporting events, fitness events and PRT events along with medical training and incorporated them into one big challenge. We put our heads together and came up with a course that was easy enough to explain and impressive enough to get a

sponsor to donate the awards. We even had our local fire department so curious that they donated their training dummy (which by the way weighs 145 lbs of dead weight) for the event.

Our FASE Challenge starts with a dummy drag of about 10 feet. The purpose of this is to work on training in case of an emergency where the sailor needs to rescue someone. The average weight of a person is approximately 145 lbs so the firefighting dummy is perfect for this. Next a 25 yard ride in a human powered

10 feet to the starting point and run to the finish line. Using the dummy drag at the end of the course was designed to help put the course back together with little work allowing the event to continuously move quickly.

In this event everyone who takes the challenge is a winner. All participants receive a t-shirt. There is an overall male and female individual, and a four-person team champion that receive trophies in a presentation by the Station Commanding Officer. We run this event for 4 days from



car; the car is something we found at a ALA trade show years ago. This is followed by a short 10 yard sprint to a concrete slab where they do 20 push-ups (PRT) followed by jumping rope 20 times. Now for the sports, they kick a soccer ball through 4 cones, pick up a hula-hoop and toss it over a cone, shoot a basket, and serve a volleyball over the net. For the strength part, they pick up a 25lb dumbbell and toss it as many times that it takes to get across a pit. This brings them back to the car where they pedal it back to the "dummy" and once again drag the dummy

0700 to 0930 during PRT time. Each participant has only one chance to compete for the champion title. Everyday we post pictures in the gym along with the record times to beat. We encourage commands to use this as part of their PRT training to break up the routine and something new and challenging into the realm of their everyday workout. We also found that the sailors get really involved in pumping up their shipmates while they are running the course. The average time for men was 2 minutes, and for women 2 minutes and 30 seconds. The Naval Station Mayport course record for males is 1 minute and 33.2 sec-

onds, and for females it is 2 minutes and 18.6 seconds. The record for a team is 7 minutes, 22.2 seconds. On a typical day we have between 50 and 60 participants.

We encourage you to use your imagination to create your own FASE Challenge. Share your ideas with us. If you would like to find out more about the FASE Challenge you can email Rita Hammerstad, Naval Station Mayport Sports Coordinator at Rhammerstad@nsmayport.spear.navy.mil.

Schedules...Schedules...Schedules

By Rita Hammerstad—Sports Coordinator NAVSTA Mayport

Most league sports schedules are made in advance for the entire season. They use the round robin scheduling system with each team's responsible to show up for their games. If teams don't show up for games then a forfeit is given and an umpire/referee fee levied. The Athletic and Fitness Branch at Naval Station Mayport believe a schedule should "meet the needs of the sailor". Because Naval Station Mayport is a sea and shore installation, making a schedule for the entire sports season in advance could cause a major expense in forfeit fees. Operational commitments can force a ship to leave port with little or no notice. We at Naval Station Mayport came up with a solution to meet the needs of the sailor and avoid forfeits at the same time. Our schedules are made on a weekly basis based on the availability of the team allowing them to play when they can, thus avoiding forfeits.

Coaches submit their team's availability based on their commands' work schedule. We have various ways for coaches to schedule their availability throughout the week. We set up a separate phone line with a recording they can call each week leaving the team name, person calling, sport, day and time of availability. If they prefer, they can call the office and leave their information with the sports coordi-

nator. They can leave a message at the front desk, or in a designated area on the sports coordinator's desk. We encourage them to come in to the office and leave their availability; this also allows for face time with the coaches for any questions they may have. We have at times taken availability on the field; and they can send their availability through e-mail. This method is especially beneficial for commands at sea. We do have a deadline for scheduling teams availability. All input must be in by the evening before schedules are made. With that in mind there have even been times when we pickup the phone and call the coach to schedule their team with the understanding that sometimes they can get lost in their work and forget to call.

Making schedules based on availability leaves room for more teams to play when in port and less forfeits by teams due to operational commitment. With this method we can also meet the needs of the sailor that has been at sea for months and pulls into port in the middle of a season. Having a weekly scheduling system allows teams to jump right into the league without missing a beat. It enables us to add teams at any time filling spaces left open by teams heading to sea thus keeping our fields busy for the entire season.

This method also makes it convenient for shore teams to play around their busy schedules.

Because scheduling is based on availability the standings are figured out by a teams win/loss percentage. Although some teams play more games



than others, using this method keeps the standings fair. We do have stipulations to the championship title involving teams playing the minimum required number of games in order to become the base champion. Using the weekly scheduling system is a little extra work for the sports coordinator, but in the long run it allows a larger amount of participation in the league and saves money by minimizing the number of forfeited games.



RECIPE OF THE MONTH

“BAKED STUFFED PEPPERS & ORANGE BANANNA THICK SHAKE”

With the upcoming hot summer days coming up here two dishes that will heat up and cool off your summer cooking routine.

Baked Stuffed Peppers

- 2 Large Green Peppers
- 1 Cup Water
- 1/2 pound lean ground beef
- 1 Cup dry whole wheat bread crumbs
- 1 tablespoon chopped onion
- 1/4 teaspoon oregano
- 1/4 teaspoon basil
- 1/4 teaspoon pepper
- 1 8-ounce can low sodium tomato sauce

Cooking Directions

1. Cut tops off green peppers and remove seeds and pith then wash.
2. Heat water and bring to boil
3. Stand peppers upright in water



and cook 5 minutes then drain the water.

4. Mix remaining ingredients and stuff peppers with them.
5. Stand peppers upright in non-stick baking pan and bake, covered, in a 325 degree oven for 45 minutes.
6. Uncover and bake for 5 Minutes

Serves 2

Per Serving: Calories 469, 38 g protein, 71 grams carbohydrate, 15 g fat

Orange Banana Thick Shake

- 1 Cup Orange Juice

- 1 Banana
- 2 Ice Cubes
- 1/2 Cup Low-fat yogurt
- Dash Ground Cinnamon

Cooking Directions

Combine all ingredients in a blender and blend on medium speed until smooth and fluffy.

Serves 1

Per Serving: 311 calories, 9.2 grams protein, 59.4 g carbohydrate, 2.5 grams of fat



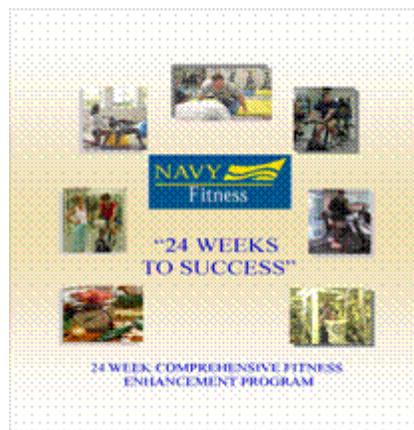
24 Weeks to Success Test Sites Wanted

We are still currently looking for test sights for the new “24 Weeks to Success” FEP training program.

“24 Weeks to Success” is an all inclusive FEP program for the CFL or Fitness Specialist to use to train their Sailors individually or as a group. The program covers the areas of strength, cardiovascular, flexibility, and nutritional training. This was created as a step by step guide for the CFL and Fitness Specialist to train persons who are involved in a FEP program.

Daily calendars detail exactly what

must be done each day during the 24



week period. A standard progression over this time will take the Sailor who is detrained and place them into a fitness lifestyle. Training only 3 days a week in the beginning to training 7 days a week by the end. During this time the Sailor will learn how progression will peak them for the next PFA cycle.

If you are interested in bringing this new training to your base to test contact Marc Meeker at 901-874-6899 to discuss this.



CITING "DANGEROUS INCREASE" IN DEATHS, HHS LAUNCHES NEW STRATEGIES AGAINST OVERWEIGHT EPIDEMIC

(FROM DEPARTMENT OF HEALTH AND HUMAN SERVICES)



NEW YORK, March 9, 2004

With poor diet and physical inactivity poised to become the leading preventable cause of death in America, HHS Secretary Tommy G. Thompson today renewed efforts against obesity and overweight, announcing a new national education campaign and a new research strategy at HHS' National Institutes of Health (NIH).

A new study released by HHS' Centers for Disease Control and Prevention shows that deaths due to poor diet and physical inactivity rose by 33 percent over the past decade and may soon overtake tobacco as the leading preventable cause of death.

"Americans need to understand that overweight and obesity are literally killing us," Secretary Thompson said. "To know that poor eating habits and inactivity are on the verge of surpassing tobacco use as the leading cause of preventable death in America should motivate all Americans to take action to protect their health. We need to tackle America's weight issues as aggressively as we are addressing smoking and tobacco."

Secretary Thompson said the new HHS and Ad Council advertising campaign educates Americans that they can take small, achievable steps to improve their health and reverse the obesity epidemic. Consumers don't need to go to extremes -- such as joining a gym or taking part in the latest diet plan -- to make improvements in their health. But they do need to get active and eat healthier, he said.

"America needs to get healthier one small step at a time," Secretary Thompson said. "Each small step does make a difference, whether it's taking the stairs instead of an elevator or snacking on fruits and vegetables. The more small steps we can take, the further down the road we will be toward better health for ourselves and our families."

HHS' release of its new education campaign with the Ad Council and NIH research agenda coincided with publication of the CDC study in this week's Journal of the American Medical Association. The study, "Actual Causes of Death in the United States, 2000," finds that 400,000 deaths in the U.S. in 2000 (17 percent of all deaths) were related to poor diet and physical inactivity. Only tobacco use caused more deaths (435,000). And while most of the major preventable causes of death showed declines or little change since 1990, deaths due to poor diet and physical inactivity increased 33 percent. "Poor diet and physical inactivity may soon overtake tobacco as the leading cause of death," the study concludes. The article will be available today at <http://jama.ama-assn.org>.

Secretary Thompson called on individuals to maintain a healthy weight and help to stem the rise in preventable death attributed to obesity and inactivity. He also called on corporations, communities and others to join in a national cooperative effort to increase awareness of the problem and help individuals access healthy foods and opportunities for healthy physical activity.

"The fact that more than a third of deaths in America each year are related to smok-

ing, poor eating habits and physical inactivity is both tragic and unacceptable, because these are largely preventable behaviors," said CDC Director Julie Gerberding M.D. "Investments in programs to increase physical activity, improve diet and increase smoking cessation are more important than ever before and must continue to be high priorities."

An estimated 129.6 million Americans, or 64 percent, are overweight or obese. Obesity and overweight have been shown to increase the risk for developing type 2 diabetes, heart disease, some forms of cancer, and other disabling medical conditions. The total direct and indirect costs, including medical costs and lost productivity, were estimated at \$117 billion nationally for 2000, according to the 2001 Surgeon General's Call to Action on Prevent and Decrease Overweight and Obesity.

Secretary Thompson unveiled an innovative public awareness and education campaign, entitled Healthy Lifestyles & Disease Prevention, that encourages American families to take small, manageable steps within their current lifestyle -- versus drastic changes -- to ensure effective, long-term weight control.

The Healthy Lifestyles & Disease Prevention initiative -- which includes multimedia public service advertisements (PSAs) and a new interactive Web site -- www.smallstep.gov -- encourages Americans to make small activity and dietary changes, such as using stairs instead of an elevator, or taking a walk instead of watching television.

The PSAs were developed for HHS in cooperation with the Ad Council. Designed for all media, they provide tongue-in-



CITING "DANGEROUS INCREASE" IN DEATHS, HHS LAUNCHES NEW STRATEGIES AGAINST OVERWEIGHT EPIDEMIC (CONTINUED)

(FROM DEPARTMENT OF HEALTH AND HUMAN SERVICES)

cheek examples of the power of small steps for long-term, sustained weight control and good health. The PSAs, created pro bono by New York agency McCann Erickson through the Ad Council, show typical Americans finding "love handles," double chins, and other unwanted body parts in public places, apparently "lost" as their neighbors used the stairs instead of the escalator, got active at the beach or walked to the office. The PSAs, available at http://www.adcouncil.org/campaigns/healthy_lifestyles, will run and air in advertising time and space that is donated by the media.

"Our research has shown that many Americans believe that they need to make drastic changes in their lifestyles to get healthy," according to Peggy Conlon, president and CEO of the Ad Council. "This innovative, clever advertising shows how small steps can go a long way."

The companion Web site, by communications firm Carton Donofrio Partners Inc., will provide information for Americans to incorporate the small steps into their routines.

"We know that gloom and doom messages warning against weight gain don't work," Secretary Thompson said. "These messages are provocative and attention-getting -- but they are also empowering and achievable."

Secretary Thompson also announced today

that the NIH is developing a Strategic Plan for NIH Obesity Research. The strategy will intensify research to better understand, prevent and treat obesity through:

- behavioral and environmental approaches to modifying lifestyle;
- pharmacologic, surgical and other medical approaches; and
- breaking the link between obesity and diseases such as type 2 diabetes, heart disease and some forms of cancer.

The draft strategic plan, available at <http://obesityresearch.nih.gov>, is open for public comment until April 2. It was developed by a task force established by NIH Director Elias A. Zerhouni, M.D., last spring.

"The NIH Task Force on Obesity Research has developed a dynamic strategy that coordinates the stimulus for funding obesity research across 25 institutes, centers and offices at NIH," Dr. Zerhouni said. "There is no single cause of all human obesity, so we must explore prevention and treatment approaches that encompass many aspects, such as behavioral, sociocultural, socioeconomic, environmental, physiologic and genetic factors. NIH can greatly expand scientific knowledge of this complex and multi-faceted disorder."

Current year NIH funding for obesity research is \$400.1 million, up from \$378.6 million in fiscal year 2003. The budget

request for fiscal year 2005 is \$440.3 million, a 10 percent increase from the current year.

HHS has long spearheaded initiatives to motivate Americans of all ages to become more active and learn more about healthy living. The Healthy Lifestyles & Disease Prevention campaign will now coalesce health organizations, media, athletic organizations and others to join in promoting healthier lifestyles. Already partnering with HHS in the public education campaign are such varied organizations as Lifetime Television, Sesame Workshop and the United Fresh Fruit & Vegetable Association. Additional partners will be added as the campaign continues.

[Editor's note: Statistics from the CDC study on actual causes of death are available at www.cdc.gov. Details of the CDC's efforts to reduce the impact of these actual causes of death are available at www.cdc.gov.]



INFORMAL SURVEY : STAFF NUMBERS FOR PRESENT AND PAST YEARS

With the ever growing concerns on how to maintain a full staff on a limited budget, we would like to conduct an informal survey about staffing. What we want to know is what your fitness staff numbers were in 2003. We also want your present

staff numbers for 2004 and an estimation for 2005. This will give us a good indication where we are number wise with our staffing problems. Please submit your numbers to: P651L@persnet.navy.mil so we can compile this information

for our records. Thank you for your participation in this informal survey.



PRESEASON INTRAMURAL SPORTS CONDITIONING

As the weather gets warmer a large number of Sailors will be turning their attention to the many intramural sports that are offered by Navy Fitness. These sports are great for relaxation and competition. However, consistently we see a numerous amount of injuries occur each spring due to improper preparation for the upcoming season. Numerous strains, pulls, twists, and dislocations result in lost man hours and painful rehabilitation. The chances of these injuries can possibly be reduced by taking the time to physically prepare yourself for the upcoming season.

A year round fitness program should be already in place before you begin a pre-season training program. The pre-season training will differ from your regular routine because you will be preparing for your given sport. You will be doing activities that will make you less prone to movement injuries. Agility drills and sprints will slowly introduce these movements into your routine.

A good pre season program should start approximately six to eight weeks before the seasons begins and continue on throughout the season. Three to four days of sport specific training will allow your body adequate time to prepare for the upcoming season.

Strength

The strength workout should include an active warm up consisting of slow fluent movements that simulate actions that happen in your sport. A few static stretches may also be included to complete your warm up. Along with the warm up abdominal and low back work should be included for all the twisting and turning during activity. The actual strength workout should include working major muscle groups first working your way to the smaller ones. Strength movements that require balance are better than ones that do not for athletics. Squats and lunges are excellent leg exercises for athletics where the bench press and pull-ups are some of the key exercises for the upper body. Below is a sample three day program.

Day 1 (Monday Lower Body & Arms)

Legs, Shoulders, Biceps (Sets should be 2-3



and reps should be from 6-12 depending on the exercise)

Day 2 (Wednesday Upper Body & Arms)

Chest, Back, and Triceps (Sets should be 2-3 and reps should be from 6-12 depending on the exercise)

Day 3 (Friday Total Body Workout)

Legs, Chest, Back, Shoulders, Arms (Sets should be 2 and reps should be from 10-12)

Agility

Agility should be done on alternating days from when you lift. These activities will enhance your playing ability by preparing you for movements that will be experienced on the field of play. You should do at least three different agility drills on these days and keep them to no more than five reps each. Below is an example of an agility drill that you could use on your agility days.

Star Drill– Set up five cones or markers in a five yard box with one cone in the middle. The outside cones are numbered 1,2,3,4 and the center cone is the X cone. Start approximately 5 yards outside of the square positioning yourself in alignment with the X cone. Have a partner give you a number sequence or determine one yourself (ie. 1..3..4..4). Start by sprinting to the X cone then sprint to the 1 cone then back

to the X, sprint to the 3 cone then back to the X, sprint to the 4 cone then back to the X sprint to the 4 cone then back to the X and then sprint back to your original starting point to finish.

Cardiovascular Conditioning

Cardiovascular conditioning is a valuable asset to any individual who is involved in athletics. The better you are conditioned the better you will play. A combination of both short duration and long duration cardiovascular conditioning will be needed to become a better athlete and keep you injury free. Along with your agility days place some light short sprints into your regime. These should be no longer than 100 yards but no less than 10. Start off with a few (5 or less) then gradually increase the numbers as you get into better shape (10-15). This will get you used to running at higher speeds which is necessary in athletics. Along with the light sprints you will want to include some endurance training on your strength days. You should perform at least 20 minutes of cardiovascular activity at 65-85% of your maximum heart rate. This will increase your cardiovascular endurance.

By preparing for the upcoming season you will perform at a higher level and also be less prone to injury during the season. Remember you do not help your team or have any fun if you are constantly on the bench nursing an injury. Prepare so you can be successful in the upcoming season. If you have any questions about pre-season conditioning contact P651L@persnet.navy.mil.



U S NAVY

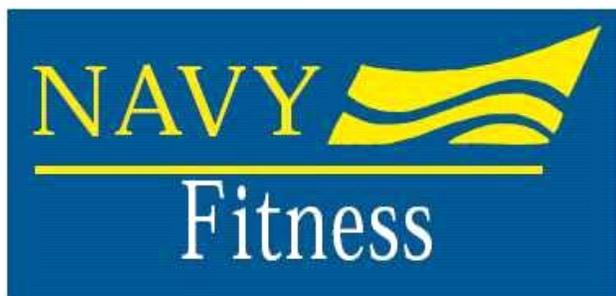
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Were on the Web

[Http://www.mwr.navy.mil](http://www.mwr.navy.mil)

Look under Mission Essential



Upcoming Trainings

Navy Command Fitness Leader Training

NSA New Orleans June 16-17
NAVSTA Mayport June 30– July 1
NAVSTA Pearl Harbor July 14-15
NAVSTA Guam July 19-20
NAVSTA Pearl Harbor July 22-23
FASW San Diego Aug 18-19
NAVSTA Norfolk Sept 1-2
NAS Whidbey IS Sept 15-16
NAS Lemoore Sept 29-30

Advanced Fitness Training

NAVSTA Norfolk May 10-12
NAS Lemoore May 25-27
NAVSTA San Diego June 15-17
NAVSTA Everett July 6-8
NDW-Navy Ship Yard July 27-28
Subase New London August 16-18
NAS Sigonella September 14-16

Advanced Fitness Training CFA Yokosuka April 19-21 2004

