ROBINS AFB HAWC HEALTH & WELLNESS CENTER

HAWC Telegraph

UNITED STATES AIR FORCE

JANUARY—MARCH 2013

Building 827 Robins AFB, GA 31098 (478) 327-8480, 78 MDG/SGPZ

Mission enhancement through a healthy community

SPECIAL FEATURES:

Exercise Clothing on a Budget
By Capt Christine Ainesworth

SSgt Bailey's Run Improvement Tips and Techniques
By SSgt Jason Bailey

Health, Wealth, and Technology
By Nikki Hernandez

Setting Goals that Stick
By Heather Hough

Eat Right, Your Way!
By Dani Lebovitz

IN SEASON: Local Produce Recommendations for Winter
By Dani Lebovitz

Keys to Success on the Walk Test
By Greg Reynolds

It's Go Time
Submitted By EAP

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HAWC classes are available to Active Duty, Reservist/Guard, Retired military, their dependents, DOD civilians and contractors at no cost to you.

Classes are limited and **ALL CLASSES REQUIRE PRE-REGISTRATION**.

For information/registration by the HAWC staff please call 478-327-8480.
HAWC Telegraph and more HAWC information can be located on www.robins.af.mil.

HAWC hours of operation are 0700-1600 Monday-Friday, closed on weekends and federal holidays.

Check out and "Like" our FACEBOOK page: "Robins AFB Health and Wellness Center (HAWC)"

PROFESSIONAL STAFF:

Stuart Bapties—Director

Capt. Christine Ainsworth—Nurse Educator

SSgt. Jason Bailey—NCOIC

Nikki Hernandez —Health Educator

Heather Hough—Registered Dietitian

Dani Lebovitz—Health and Fitness Specialist

Greg Reynolds—Exercise Physiologist

Setting Goals that Stick

As we embark on yet another new year, the time for setting resolutions is upon us. For those of you who have tried before, you know that old habits are hard to break and new habits are hard to make. According to the University of Scranton, Journal of Psychology, 45% of Americans set New Year resolutions each year. Of those setting resolutions, only 8% of people will find themselves sticking to the goals they set out to accomplish. Among the many goals set, resolutions focusing on weight loss and more exercise top the list yearly. Why are these goals so difficult to achieve? The high degree of failure can be attributed to people setting goals as a means of motivation before they are really ready to make the changes says Carleton University in Canada psychology professor, Timothy Pychyl. Let's face it, though, we cannot be successful with resolutions or goals if they are not set. So, this year let's arm ourselves with goal setting techniques that can enhance the successfulness of the goals we set and maybe even spark something in those, who do not normally set goals, to start this year.

It takes about 21 days to form a new habit. What if we all set goals using a timeline to get us through the 21 day hump? Maybe we would be well on our way to lasting changes in our lives. But, how do we set these goals? One, well-known, method for setting short-term goals is the SMART goal setting method. It encourages the use of the acronym SMART to help develop a plan around goals to ensure success. Since we are on an Air Force Base and we all know how much the Air Force loves acronym, what would be more appropriate than employing this method in our daily lives. SMART goals are Specific, Measureable, Adjustable, Realistic, and Timely. You should not start off the year saying "my resolution is to lose weight", but "my goal is to lose 6-10 pounds by February 14th. (Note: Healthy weight loss is 0.5-2

Continued on page 9

Current Classes Offered

DIABETES SELF MANAGEMENT

This class provides education and training concerning the nutritional management of diabetes through healthy food choices.

Class Time 1300-1500, Monday

Class Dates for the Quarter:

Jan 14, 2013
Feb 11, 2013
Mar 11, 2013

DIABETES SELF MANAGEMENT: Part II

This program is designed for class participants who have completed the initial Diabetes Self-Management class. Instruction includes a review of the disease process, preventative exams, lab results, sick-day care, and carbohydrate counting.

Class Time 0830-0930, Wednesday

Class Dates for the Quarter:

Jan 16, 2013
Feb *
Mar 13, 2013

NEW

EATING FOR SPECIAL EVENTS:

a Diabetic Adventure for the Season

This class is a hands on approach for nutritional management of diabetes with utilizing favorite foods for the season.

Class Time 0830-0930, Wednesday

February 13, 2013

HEALTHY HEART

This class informs on the dangers of high cholesterol and high blood pressure. Participants will learn how to lower cholesterol and blood pressure through positive lifestyle changes and the DASH diet..

Class Time 0830-1030, Monday

Class Dates for the Quarter:

Jan 28, 2013
Feb 25, 2013
Mar 25, 2013

NEW

BETTER BODY, BETTER LIFE

This **10 week class** meets 3 times a week over lunch time and is designed to educate participants on physical activity and a variety of nutrition topics to promote optimal weight loss. This program is both an educational and hands on approach to weight loss which will include one day a week of in-class instruction and two days a week of physical activity. **Please only sign up for this class if you plan on devoting three days a week (Monday, Tuesday, Thursday) from January 14 to March 28, 2013**

Class Time 1100-1200

TOBACCO CESSATION

This **3 week session** provides education and support to clients that desire to quit using tobacco. The 4th week is a Support Group for those that want to attend. Program includes the use of prescription medications such as Chantix and Nicotine Patches.

Class Times 1100-1200 , Wednesday

Class Dates for the Quarter:
Jan 9, 16, 23, 2013
Feb 6, 13, 20, 2013
Mar 6, 13, 20, 2013

WALK-TO-RUN PROGRAM

This hands-on beginner or post rehabilitative program is designed to safely prepare you for progression to intermediate running programs. It is specifically designed to properly build a running base for progression to other higher intensity run training programs that are important for improving run speed and performance. **This is a 10 week program and will meet on Tuesdays and Thursdays from January 15, 2013 through March 21, 2013.**

Class Time 0800-0900

RUNNING IMPROVEMENT PROGRAM (RIP)

This four week program is designed for the runner who has a good base or foundation in running. You will further enhance or improve running form and technique as well as learn drills and exercises to work on key elements of running. This course will also help you understand and experience speed, interval, and pace training techniques that will certainly improve your run PT times! **This is a 4 week program and will meet on Monday, Wednesday and Friday (must plan to attend all classes) .**

Class Time 0800-0900

Class Dates for the Quarter:

Jan 7—30

Feb 4—27

Mar 4—27

BE WELL

The Air Force (AF) **BE WELL** program is designed to help individuals seeking to improve their health and fitness by providing general information on physical activity and nutrition through classroom discussions and Workbook activities. This program helps participants identify personal goals along with ways to make behavioral changes to meet those goals. The course is open and encouraged for all active duty and is required by some AF personnel as addressed in AFI 36-2905, *Fitness Program*.

Class Time 0800-1100, Tuesday

Class Dates for the Quarter:

Jan 8, 22, 2013

Feb 5, 19, 2013

Mar 5, 19, 2013

BE WELL PRACTICE 1.0 MILE WALK TEST

This class is designed to help those who are on a profile and are required to complete the 1.0 Mile Walk test for their PT test. This class will conduct a practice test to determine your current score and provide tips and techniques on how to improve.

Class Time for this program is 0900-1000 every Thursday

NEW

PERFORMANCE NUTRITION

Ready to learn how to fuel your body for performance? In this program you will learn nutrition for energy management for optimized metabolism and peak performance. This class is designed for our active duty, Guard and Reserve warrior athletes and anyone who wants more energy each day!

Class Time 0930-1030, Wednesday

Class Dates for the Quarter:

Jan 9, 2013

Feb 6, 2013

Mar 6, 2013

SQUARE ONE: Nutrition & Fitness

This class is designed to educate participants on the basics of healthy eating. Providing practical guidelines for weight loss and a balanced diet, NUTRITION BASICS is an ideal precursor to the Better Bodies, Better Life Program for those who are ready for a lifestyle and behavior change!

Class Time 0830-1000, Thursday

Class Dates for the Quarter:

Jan 17, 31, 2013

Feb 14, 28, 2013

Mar 14, 28, 2013

Commissary Tour

Friday 1000-1100

Jan 11, 25 2013

Feb 8, 22, 2013

Mar 8, 22, 2013

PHYSICAL TRAINING LEADER (PTL)

The initial Physical Training Leader (PTL) class is an all day (8 hours) course designed to teach the basic concepts for safe and effective exercise programs, as well as the administration of the Air Force Physical Training Test. Topics covered include, but are not limited to: Exercise training principles/concepts, exercise technique, injury prevention strategies, and class design. Members are required to have and maintain CPR certification and a passing PT assessment.

Class Time 0700-1600, Monday

Class Dates for the Quarter:

Jan 7, 2013

Feb 4, 2013

Mar 4, 2013

PHYSICAL TRAINING LEADER REFRESHER (PTL)

The refresher Physical Training Leader (PTL) class is 3 hour course designed to reinforce and build on the basic concepts from the initial course. Lecture will go more in depth in regards to training principles, concepts, and exercise science. Members are required to have and maintain CPR certification and a passing PT assessment.

Class Time 0900-1200 , Friday

Class Dates for the Quarter:

Jan 11, 2013

Feb 8, 2013

Mar 1, 2013

SSgt Bailey's Run Improvement Tips and Techniques

Running can be a difficult task for many of our Airmen. One of the primary reasons is because of poor running form. We know that bad form leads to difficulty breathing, loss of energy, pain and often injury. Here are some tips to improve your running form in the new year:

1. Foot placement is essential – The foot should strike the ground directly beneath the shoulder line instead of in front of the body. This eliminates "heel striking" which can cause shin splints, knee pain, hip pain, and lower back pain. Focus on landing on the toe box or ball of the foot.
2. Oxygen intake is paramount – Proper breathing takes precedence! Take full breaths! The lungs extend from the clavicle to the bottom of the rib cage. Fill it all the way up! Also control your rate of breathing by inhaling and exhaling in coordination with the pace of your feet. Try alternating every 3 or 4 steps.
3. Drop the Music – Competitive running takes a lot of concentration. Running with music can change your pace and distract you form paying attention to your body. Limit music use to leisure running.

For help with running form or for run time improvement, come by the HAWC and register for our next 4 week Run Improvement Program, starting at the beginning of every month!

Keys to Success on the Walk Test

Many people see the Air Force 1-mile walk as this mysterious, confusing, and even sometimes scary test. Not everyone is familiar with the test because it is only an option for members who have medical limitations preventing them from running. Providers may allow members to perform the walk test as a valid alternative for the cardio component of the PT test. The walk assessment uses a physiological calculation to estimate your V02 max, which is indicative of your cardiovascular fitness. This formula consists of age, gender, body weight, time to complete 1-mile, and post-exercise heart rate.

One of the keys to understanding the test is to notice what elements of the formula you have control over and can positively affect. These elements are body weight, time to complete 1-mile, and post-exercise heart rate. If you take a moment with the Air Force Fitness Management System (AFFMS) calculator you will see that if you decrease any of these it can improve your V02 score. So here are some tips and available resources to help you improve these key areas!

Keep training - Look at your AF form 422 and you will see recommendations for different types of cardio training you should be able to do with your limitations. Make sure you continue to train and progress

your cardiovascular fitness with these alternative modes of exercise. This will help to lower your post-exercise heart rate as your cardiovascular fitness improves and help with weight management through the caloric expenditure.

Nutrition - Nutrition is always important, but during these times of physical limitations, nutrition is a key element to maintaining or reducing your body weight. As shown earlier, reducing your bodyweight will positively impact your VO2 score and may potentially affect other components of the test. If your nutrition or weight is a concern, attend one of our Performance Nutrition Classes or speak to our HAWC dietitian.

Get faster - Practice walking for speed, which can be surprisingly more difficult than you may think. Here at the HAWC we offer a practice walk test each Thursday from 0900-1000, where we can give you specific pointers on technique, training, and more!

Maternal and Child Programs

HEALTHY PREGNANCY

This class is for pregnant women and new mothers who want to reap the many health benefits of exercising. Will include how your body changes, adapted strength exercises, complete prenatal and postpartum exercises, essential flexibility exercises, special relaxation exercises and safety guidelines.

Class time 1300-1500, Tuesday

Class Dates for the Quarter:

Jan 8 ,2013

Feb 5, 2013

Mar 5, 2013

CHILDBIRTH EDUCATION CLASS

A 4 week course designed for expectant mothers and their coaches at 28 weeks or greater. Participants learn what to expect during childbirth and receive a tour of the Women's Center.

Class time 1800 - 2000, Monday

Class Dates for the Quarter:

Jan 7, 14 & Feb 4, 11 2013

Feb 25 & Mar 4, 11, 18, 2013

CATCH® Kids Club

The CATCH (Coordinated Approach to Child Health) Kids Club is a physical activity and nutrition education program designed for elementary school age children to promote health. On Wednesday afternoon's Robins HAWC will host a CATCH Kids Club at the Youth Center for all home school kids with base access.

Who: **Elementary school aged kids, grades K-6**

What: **30min of healthy nutrition education and 30min of fun physical activity including parachute games, sports, jump ropes, bean bags and so much more!!!**

When: **FROM 1300-1400**
Jan 2, 9, 16, 23, 30, 2013
Feb 6, 13, 20, 27, 2013
Mar 6, 13, 20, 27, 2013

Where: **Youth Center**

How: **Call the HAWC at 327-8480 to register!**

Cost: **FREE**

1-2-3 MAGIC

Effective Discipline for Children 2-12

Humorous look at parenting. Serious look at discipline!

Session I - Friday January 11, 2013
Session II—Friday January 18, 2013

0900-1300

Coldwell Banker SSK Realtors
470 S. Houston Lake Road
(next to Robins Federal Credit Union)

Presented by: Robins AFB Family Advocacy & Program and Rainbow House CRC

CALL TO REGISTER

327-8398 OR 923-5923

Light beverages and snacks

SORRY - No children

Learn an amazingly simple technique to get the kids to *STOP* doing what you don't want them to do and *START* doing what you do want them to do in just two sessions!

Health, Wealth, and Technology

Have you ever used your smart phone for something other than making a phone call? How about an application to find the next movie showing or perhaps even listened to a podcast? We use technology every day to navigate our hectic lifestyle, but have you ever thought about using technology to manage your physical wellbeing? There are hundreds of tools you can use on your smart phone to help manage your health. Here are some great tech recommendations for a healthy and happy new year:

Podcasts: radio programs you can listen to anytime you want! You can download these to your smart phone or MP3 player.

Applications (apps)	Description
Nutrition	
MyFitnessPal	Nutrition, weight, fitness
SparkPeople	Fitness, nutrition tracking
Fitness	
Runmeter GPS	Track mileage and compare previous runs, Twitter and Facebook interface
Pocketpedometer	Walking, mile tracking
Smoking	
Quitter	Calculate financial savings from quitting
Smokeless	Track reasons to quit

There are specialized smart phone applications such as Stitcher, which allow you subscribe to a station and provides the latest updates for that podcast.

Some great health focused podcasts can be found at:

http://www.hhs.gov/audio/index.html

HHS Healthbeat and Healthcare 411 have great information.

Applications: programs on your smart phone that provide easy access to health information or ways track your progress and goals.

Technology can help us manage our health and make life a little easier!

P.I.C.K. A PARTNER™

PREMARITAL INTERPERSONAL CHOICES & KNOWLEDGE

How To Avoid Falling in Love With a Jerk or Jerkette
Are you the one for me?

IN 5 SESSIONS LEARN HOW TO:

- **Identify the warning signs of a difficult partner**
- **Reduce the number of relationship mistakes**
- **Enjoy love without losing your heart and mind**

Bldg. 941
The Professional Development Center
1100 to 1300
Feb 7,14,21,28, & Mar 7, 2013
(Thursday's)
Call 327-8398 to sign up
REGISTRATION REQUIRED

Brought to you by
Robins AFB Family Advocacy Program

PREP

"Prevention and Relationship Enhancement Program"

PREP is one of the most comprehensive and well respected divorce-prevention and marriage enhancing programs in the world. It is a skills and principles-building curriculum designed to help partners say what they need to say, get to the heart of problems, and increase their connection with each other. PREP is a prevention program designed for couples who are thinking about getting married, newlyweds and for couples who have been married for a long time.

All of us need to improve our skills when it comes to loving the most important people in our lives.

2 Day Class
Friday & Saturday, March 22 & 23, 2013
8:30 a.m. - 4:30 p.m.
Location: Airman & Family Readiness Center Bldg. 794
REGISTER NOW ! LIMITED SEATING!

Family Advocacy Program at 327-8422

"Mission Readiness through Healthy Family Lifestyles"

IN SEASON: Local Produce Recommendations for Winter

Did you know that one of out of every seven Georgians works in agriculture, forestry or a related job sector? As a humid, subtropical climate with mild winters and a variety of soil types, Georgia is a perfect state to produce a diverse variety of crops, and it does! What that means is you do not have to go very far for fresh, local produce which not only tastes better, but is also better for the environment too! This fall try some locally grown fruits and vegetables in season and tantalize those taste buds!

Fruits to Taste

No fruit are locally in season during the winter!

Vegetables to Sample

Bok choy, Oct - Jun
Brussels sprouts, Nov - Feb
Cabbage, Oct - May
Carrots, Oct - May
Celery, Oct - Feb
Chard, Oct - May
Collard greens, Oct - Jun
Kale, Oct - May
Leeks, Oct - May
Lettuce, Sept - Jun
Mushrooms, year round
Peas, Feb - May
Radishes, Mar - Jun
Spinach, Nov - May
Sweet Potatoes, Aug - Feb
Turnips, Oct - Apr

There are several farms around Middle Georgia you can visit and purchase your produce. Also, Warner Robins has its very own Farmer's market every Thursday from 1500-1900 at Perkins Field, 105 Mulberry St - Corner of Mulberry St & Watson Blvd – across the street from Robins Federal Credit Union. By supporting local farmers you are supporting the health of your local economy, the health of your community, and the health of your family.

Shop Local. Eat Local. Live Healthy.

International City Farmers' Market

105 Mulberry St - Corner of Mulberry St & Watson Blvd (In front of Perkins Field)

Thursdays 3pm - 7pm April through December

The market accepts debit, credit, and EBT (Double Your EBT $1 =$2)

What We Do:

- Support local growers and locally-owned, independent businesses
- Enhance community spirit
- Promote eating healthy whole foods and physical

Shopping List:
Eat more fresh fruits, vegetables and other locally-farmed goods like dairy, eggs and meats found at these weekly markets.
Health doesn't have to be hard!

For current events and information call:

Jodi Daley: 478-225-7626.

You can also "Like" us on Facebook

http://www.facebook.com/?ref=tn_tnmn#!/InternationalCityFarmersMarket

Robins Airman & Family Readiness Center

For a complete list of services, visit us at the following website:
http://www.robins.af.mil/library/airman&familyreadinesscenter/index.asp

ROBINS AIR FORCE BASE 78TH FORCE SUPPORT SQUADRON

2013 Winter Calendar of Events

January

03 Jan (Th)	1230-1600	PreSeparation Briefing (Retirees)*
07-11 Jan (M-F)	0800-1600	DoL/TAP/VA Workshop*
10 Jan (Th)	1000-1100	Informed Decision*
14 Jan (M)	0730-1600	First Term Airman Course (Resiliency)*
14 Jan (M)	1300-1500	Money & Credit Management
15 Jan (Tu)	0730-1400	First Term Airman Course (Finances)*
15 Jan (Tu)	0800-1200	Bundles for Babies (Call 478-327-9398 to sign up)
16 Jan (W)	0800-1230	Right Start*
17 Jan (Th)	1230-1600	PreSeparation Briefing (Separatees)*
22 Jan (Tu)	1300-1400	Non-Commission Officers Professional Education (NCOPE)*
23 Jan (W)	0900-1100	Financial Beginnings (First Term Officers)*
24 Jan (Th)	0800-1100	USAJOBS Navigating & Resume Writing
24 Jan (Th)	1230-1600	PreSeparation Briefing (Retirees)*
28 Jan (M)	0900-1100	Writing a Winning Resume
29 Jan (Tu)	0900-1100	Home Buying
31 Jan (Th)	1230-1600	PreSeparation Briefing (Separatees)*

February

04 Feb (M)	0730-1600	First Term Airman Course: Resiliency
05 Feb (Tu)	0730-1400	First Term Airman Course: Finances
06 Feb (W)	0800-1230	Right Start*
07 Feb (Th)	0800-1100	USAJOBS Navigating & Resume Writing
07 Feb (Th)	1230-1600	PreSeparation Briefing (Separatees)*
08 Feb (F)	0830-1400	Heart Link*
11-15 Feb (M-F)	0800-1600	DoL/TAP/VA Workshop*
19 Feb (Tu)	0800-1200	Bundles for Babies (Call 478-327-9398 to sign up)
19 Feb (Tu)	1300-1500	Starting a Small Business (Pros and Cons)
20 Feb (W)	0800-1230	Right Start*
21 Feb (Th)	1000-1100	Informed Decision*
21 Feb (Th)	1230-1600	PreSeparation Briefing (Retirees)*
25 Feb (M)	1300-1500	Money & Credit Management
26 Feb (Tu)	1300-1500	Writing a Business Plan
27 Feb (W)	0900-1100	Financial Beginnings (First Term Officers)*
27 Feb (W)	1300-1500	Interview with Confidence
28 Feb (Th)	1230-1600	PreSeparation Briefing (Separatees)*

********Military Saves Week - 25 February - 2 March********

March

04 Mar (M)	0730-1600	First Term Airman Course: Resiliency*
05 Mar (Tu)	0730-1400	First Term Airman Course: Finances*
05 Mar (Tu)	1000-1100	Volunteer Resources
06 Mar (W)	0800-1200	Right Start*
07 Mar (Th)	0900-1000	USAJOBS Navigating & Resume Writing
07 Mar (Th)	1230-1600	PreSeparation Briefing (Separatees)*
11-15 Mar (M-F)	0800-1600	DoL/TAP/VA Workshop*
18 Mar (M)	1300-1500	Money and Credit Management
19 Mar (Tu)	0800-1200	Bundles for Babies (Call 478-327-9398 to sign up)
20 Mar (W)	0800-1230	Right Start*
21 Mar (Th)	1000-1100	Informed Decision*
21 Mar (Th)	1230-1600	PreSeparation Briefing (Retirees)*
25 Mar(M)	0900-1100	Writing a Winning Resume
27 Mar (W)	0900-1100	Financial Beginnings (First Term Officers)*
28 Mar (Th)	1230-1600	PreSeparation Briefing (Separatees)*

*Denotes Military (Spouses Welcome)

ALL CLASSES REQUIRE PRE-REGISTRATION. PLEASE CALL (478) 926-1256 OR DSN 468-1256 TO SIGN UP.

DAV Medical Records Review	Apps.Only
Department of Labor, Wed, Fri	0800-1630
MFLC, Mon-Fri	0800-2000
Pre-Deployment Briefings, Tues &Thur	1300
Survivor's Benefit Plan, Mon-Fri	0730-1630

Airman and Family Readiness Center
725 Ninth Street, Building 794,
Robins Air Force, Georgia 31098

Check out our FSS programs and events at
http://www.robinsfss.com
Also visit us on Facebook

Robins Setting Goals that Stick Continued...

pounds per week, so setting goals for unhealthy weight loss are not only unrealistic, but also against the better judgment of the registered dietitian writing this article.)

So, let's break this whole thing down into steps.

Step one: specific goals need to answer the question "what do I want to do?" Be specific.

Step two: how will success be measured? When setting weight loss goals, you could monitor using the scale or waist measurements, and keep a record.

Step three: make sure your goals are both forgiving and flexible. Face it! You would be happy with any weight loss, right? So why set yourself to be anything other than joyous if all you accomplish is 6 pounds in 6 weeks? Giving yourself that range may allow you to celebrate, even though the highest goal is not attained.

Step four: be realistic. Remember what I said, "healthy weight loss is a half to two pounds per week". On January 1st, setting a goal of losing 20 pounds by Valentine's Day is not a healthy, realistic goal. No wonder most people are unable stick with their resolutions for an entire year. We set these lofty goals that defy what is natural and then hate ourselves when we cannot attain them.

Step five: set goals that are timely. We need a time-frame or we will not get it done. Short-term goal setting should be done within a 2-3 month window, and then re-evaluated often.

Resolutions can be obtained, but we should put a little more effort into them, than simply saying "this year I will _____." If we take the time to think through our goals, and how to set them, we can set ourselves up for success in the new year and maybe longer. If you are looking for help with those weight loss and exercise goals, check out Better Body, Better Life beginning on January 14th.

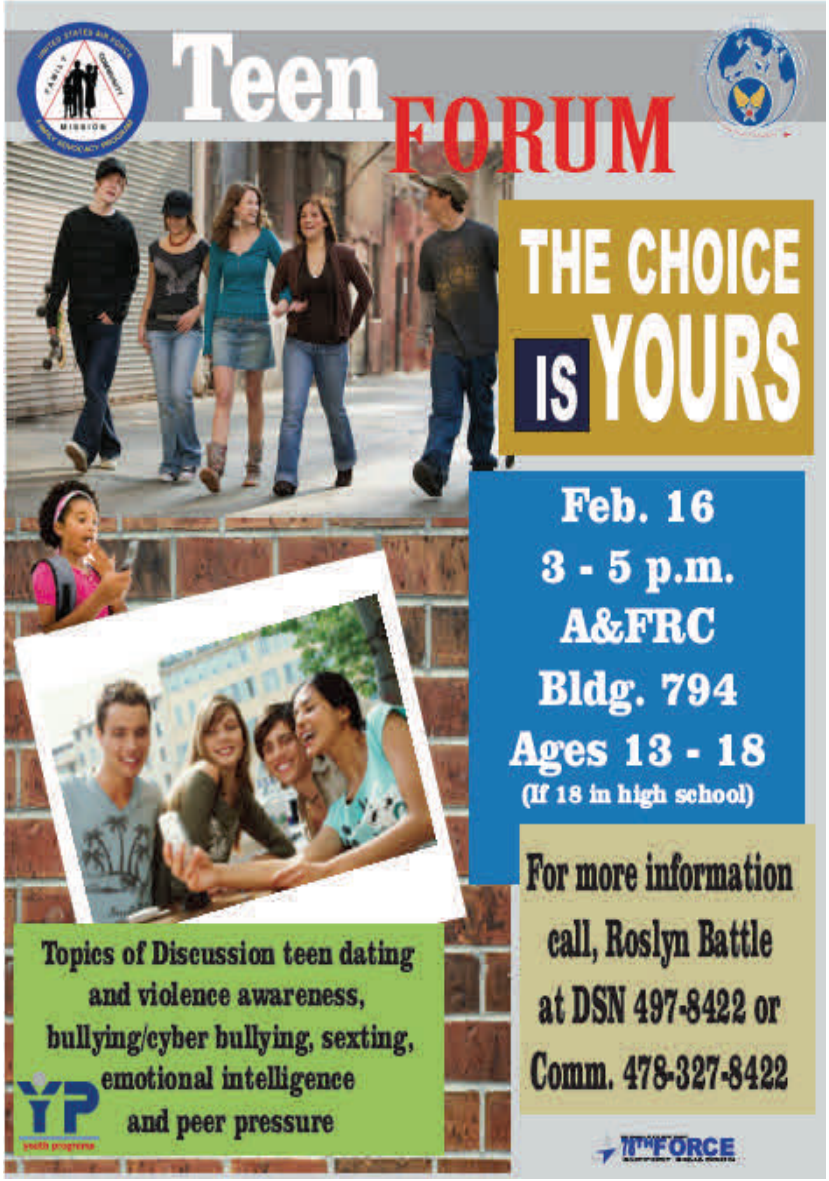
Refractive Surgery Briefing

Tuesdays, 0900

MDG Atrium

Call DSN 497-7850

These briefs are for active duty who are interested in having refractive surgery. This is a military benefit provided to active duty members to free them from the hindrance of vision correction, whether it is glasses or contact lenses. The briefing will cover eligibility, process, and surgery procedure.



February is HEART MONTH!

Houston Healthcare R&D Luncheon

February 5th 1100-1300
Houston Lake Country Club
Call 923-9771 for more info.

"Like" us on Facebook
Robins AFB Health and Wellness Center for weekly tips on:
HEART HEALTH!

Cooking for a Healthy Heart
0830-0930
February 20th

1 February 2013
National Wear Red Day

"Road Show"
at the Base Restaurant
1100-1300
February 15th

HEALTH HEART Class
Monday 25 February
0830-1030

Healthy Heart Commissary Tour and "Road Show"
0930-1130
February 8th and 22nd

Exercise Clothing on a Budget

It is that time of year when many of us are making resolutions to get back into the gym. With this goal in mind, now is the time to shop for new fitness apparel to ensure we are prepared for our workouts. Unfortunately, these types of clothes are often expensive and can put a big dent in our wallets, especially when shopping at retail stores like Academy or Dick's Sporting Goods. With the holiday season behind us and the desire for a new fitness regimen on the horizon, follow these important tips to minimize your waistline, not your wallet.

Start on the sale racks! These racks may have clothing in off sizes that do not sell as quickly but with patience, you might find a good bargain in your size.

Check out bargain stores. Retailers like Ross or Marshall's sell brand name fitness apparel for a fraction of the cost and the clothes are new and often in season. Even Target or Wal-Mart have great exercise apparel, though not big brands like Nike or Under Armor.

Shop online. Stores that sell their apparel online like Gold's gym, Old Navy, and American Apparel have workout clothing that is often 30% cheaper than buying in the store. The biggest drawback to ordering clothes online is not being able to try on the items and trusting the sizing charts. Try going to a store front location, trying on the clothes there to understand your size in their brand, and then get your discount by purchasing the clothes from the Internet.

Try thrift stores. Don't knock it before you try it! Though many items sold in thrift stores are previously worn, often time there is apparel with the tags still on the clothing. You could walk out of a thrift store with new, brand name pieces of clothing at a fraction of the cost.

Wherever you choose to purchase your exercise apparel, get out there and move; exercise is healthy no matter what you wear!

It's Go Time!

Get Up! Get Fit! And Go! Go! Go!

Start the New Year with a new you!

It's Go Time—Time to Move!

The U.S. Department of Health and Human Services (HHS) recommends that adults get at least 2½ hours of moderately to vigorously intense physical activity each week. Muscle-strengthening activity is also important. The HHS advises doing muscle training exercises 2 or more days a week.

These activities can be spread out over easy 30-minute increments, five days a week. Or you can choose several activities that you can do in 10-minute bouts that add up to 30 minutes or more of activity for the day.

However you choose to get your physical activity, "Go Time" means that the time to start is NOW! By becoming more physically active, you can bring yourself to a higher state of health and fitness and reduce your risk for many diseases and disorders.

Not sure where to start? Visit the FOH's "It's Go Time!" page www.foh.hhs.gov/GO for tips on easy ways to add more physical activity to your day.

Eat Right, Your Way!

This March marks the 40th anniversary of National Nutrition Month, a nutrition and education campaign to promote healthy living by the Academy of Nutrition and Dietetics. Registered Dietitians and healthcare professionals alike use March as a platform to encourage healthy eating and this year's theme is "Eat Right, Your Way, Every Day"!

Though this message is ambiguous, what is clear is that eating a healthy diet does not look the same for each person and may differ for each individual depending on food preferences, lifestyle, cultural and ethnic traditions, and health concerns. Follow these tips to help you eat right in 2013, no matter what "your way" looks like.

Fruits are your friend. Fruits are delicious and packed with vitamins, mineral and phytonutrients. With hundreds of fruit options in the grocery store from fresh, frozen, dried or canned, fruits are a healthy ideal snack on the go. Aim for two cups a day! A half a cup is a small piece of fruit like a small apple or two plums. Large oranges or bananas may count as a whole cup and meet half your daily needs at one time!

Eat mindfully. We have all heard you can eat anything in moderation but have you every checked in with yourself while eating a food you are moderating? For example, if you are a person who likes to eat dessert after dinner every night, do you really need a whole slice of pie or whole scoop of ice cream to feel satisfied? Next time you reach for that special treat, check in with yourself. What do you like about this food and is eating 10 bites more pleasurable than 5, if not, stop at 5.

Plan for success. One of the most common nutrition complaints is inconvenience. Setting yourself up for success by planning ahead can make eating right convenient. Try stocking your desk and even your car with easy shelf stable snacks you can grab anytime you are hungry, then you will not be tempted to go out of your way for junk food. Some great shelf stable snacks include snack packs of nuts, dried fruit, pretzels, mini whole grain cereal boxes like cheerios, and snack bars like Fiber One or granola.

Say No! To sugar sweetened beverages. According to the Center for Disease Control (CDC) the average American adult consumes about 200 calories, about 16oz, from sugar sweetened beverages a day. Not only does drinking sugar sweetened beverages promote dental caries and provide no nutritional value, it also can lead to almost .5lb of weight gain per week if someone is already meeting their caloric needs with their food consumption. Instead try drinking water and adding lemon, a few drops of Mio, or a packet of Crystal Light to change the flavor and sweeten it up.

Check out one of our HAWC nutrition classes for more information or visit our Facebook page for weekly tips on how "Eat Right, Your Way, Every Day" during the month of March. Don't forget Registered Dietitian Day is Wednesday 13, March 2013!

March is National Nutrition Month

"Like" us on Facebook
Robins AFB Health and Wellness Center for weekly tips on:
National Nutrition Month!

Performance Nutrition
0930-1030
March 6th

SQUARE One:
Nutrition & Fitness
0830-100
March 14th and 28th

"Road Show"
at the Base Restaurant
1100-1300
March 15th

Registered Dietitian Day is Wednesday March 13, 2013!!!

Commissary Tour and "Road Show"
0930-1130
March 8th and 22nd