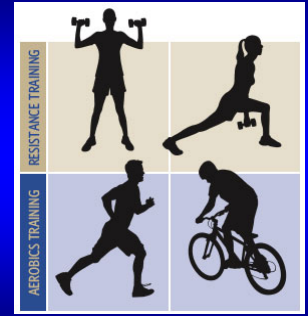




# Naval Hospital Health Promotion & Wellness Newsletter

“A New Approach to Healthy Living”



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## MAY IS PHYSICAL FITNESS AND INJURY PREVENTION MONTH!

### INSIDE THIS ISSUE:

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### Upcoming Events

- \* May 14<sup>th</sup> Health Fair Camp Johnson Rec Center 0800-1200
- \* May 17<sup>th</sup> Women's Health Fair Main Exchange 1000-1400
- \* May 21<sup>st</sup> NH Staff Safety Fair classrooms A&B 0800-1200

## How Much Physical Exercise Do We Need?

The good news about regular physical activity is that everyone can benefit from it. Additionally, physical activity does not need to be hard or challenging. Participating in moderate-intensity physical activity is an important part of a healthy lifestyle for people of all ages and wide range of abilities. Current physical activity recommendations for adults include both cardio or aerobic activities and resistance, strength-building, and weight-bearing activities.

### Recommendations for Adults:

- Aerobic activity:
  - A minimum of **30 minutes** of moderate-intensity physical activity per day (such as brisk walking) most days of the week.
- Or
- A minimum of **20 minutes** of vigorous-intensity physical activity (such as jogging or running) 3 days a week.
- Resistance, strength-building, and weight-bearing activities
  - Two days a week, incorporate strength training into your routine. Strength training activities, such as weight lifting, maintain and increase muscle strength and endurance. A goal to reach towards is completing 6-8 strength training exercises, with 8-12 repetitions per exercise.

### Recommendations for Children and Adolescents:

It is recommended that children and adolescents participate in at least 60 minutes of moderate intensity physical activity most days of the week, preferably daily. For children and adolescents, regular physical activity has beneficial effects on the following aspects of health:

- Weight & Muscular strength
- Cardio respiratory (aerobic) fitness
- Bone mass (through weight-bearing physical activities)
- Blood pressure (for hypertensive youth), Anxiety and stress
- Self-esteem

## Defining Physically Fit

What does it mean to be physically "fit?" Physical fitness is defined as "a set of attributes that people have or achieve that relates to the ability to perform physical activity". In other words, it is more than being able to run a long distance or lift a lot of weight at the gym. Being fit is not defined only by what kind of activity you do, how long you do it, or at what level of intensity. While these are important measures of fitness, they only address single areas. Overall fitness is made up of five main components. In order to assess your level of fitness, look at all five components together:

### Cardiorespiratory Endurance (Cardiorespiratory Fitness)



Cardiorespiratory endurance is the ability of the body's circulatory and respiratory systems to supply fuel during sustained physical activity (USDHHS, 1996 as adapted from Corbin & Lindsey, 1994). To improve your cardiorespiratory endurance, try activities that keep your heart rate elevated at a safe level for a sustained length of time such as walking, swimming, or bicycling. The activity you choose does not have to be strenuous to improve your cardiorespiratory endurance. Start slowly with an activity you enjoy, and gradually work up to a more intense pace.

### Muscular Strength

Muscular strength is the ability of the muscle to exert force during an activity (USDHHS, 1996 as adapted from Wilmore & Costill, 1994). The key to making your muscles stronger is working them against resistance, whether that be from weights or gravity. If you want to gain muscle strength, try exercises such as lifting weights or rapidly taking the stairs.



### Muscular Endurance



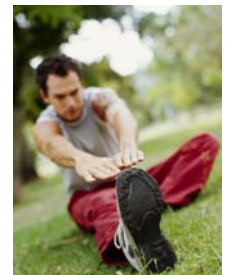
Muscular endurance is the ability of the muscle to continue to perform without fatigue (USDHHS, 1996 as adapted from Wilmore & Costill, 1994). To improve your muscle endurance, try cardiorespiratory activities such as walking, jogging, bicycling, or dancing.

### Body Composition

Body composition refers to the relative amount of muscle, fat, bone, and other vital parts of the body (USDHHS, 1996 as adapted from Corbin and Lindsey, 1994). A person's total body weight (what you see on the bathroom scale) may not change over time. But the bathroom scale does not assess how much of that body weight is fat and how much is lean mass (muscle, bone, tendons, and ligaments). Body composition is important to consider for health and managing your weight!

### Flexibility

Flexibility is the range of motion around a joint (USDHHS, 1996 as adapted from Wilmore & Costill, 1994). Good flexibility in the joints can help prevent injuries through all stages of life. If you want to improve your flexibility, try activities that lengthen the muscles such as swimming or a basic stretching program.



## Exercise: A Good Habit to Start

### How do I get started?

- Start by talking with your family doctor. This is especially important if you haven't been active, if you have any health problems or if you're pregnant or elderly.
- Start out slowly. If you've been inactive for years, you can't run a marathon after only 2 weeks of training! Begin with a 10-minute period of light exercise or a brisk walk every day and gradually increase how hard you exercise and for how long.



### How do I stick with it?

- **Choose something you like to do.** Make sure it suits you physically, too. For instance, swimming is easier on arthritic joints.
- **Get a partner.** Exercising with a friend or relative can make it more fun.
- **Vary your routine.** You may be less likely to get bored or injured if you change your exercise routine. Walk one day, bicycle the next. Consider activities like dancing and racquet sports, and even chores like vacuuming or mowing the lawn.
- **Choose a comfortable time of day.** Don't work out too soon after eating or when it's too hot or cold outside. Wait until later in the day if you're too stiff in the morning.
- **Don't get discouraged.** It can take weeks or months before you notice some of the changes from exercise, such as weight loss.
- **Forget "no pain, no gain."** While a little soreness is normal after you first start exercising, pain isn't. Take a break if you hurt or if you are injured.
- **Make exercise fun.** Read, listen to music or watch TV while riding a stationary bicycle, for example. Find fun things to do, like taking a walk through the zoo. Go dancing. Learn how to play a sport you enjoy, such as tennis.

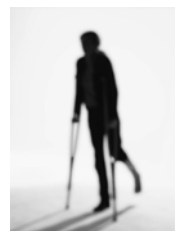


### Making exercise a habit!

- Stick to a regular time every day.
- Sign a contract committing yourself to exercise.
- Put "exercise appointments" on your calendar.
- Keep a daily log or diary of your exercise activities.
- Check your progress. Can you walk a certain distance faster now than when you began exercising? Or is your heart rate slower now?
- Ask your doctor to write a prescription for your exercise program, such as what type of exercise to do, how often to exercise and for how long.
- Think about joining a health club. The cost gives some people an incentive to exercise regularly.

### How can I prevent injuries?

- Start every workout with a warm-up. This will make your muscles and joints more flexible. Spend 5 to 10 minutes doing some light calisthenics and stretching exercises, and perhaps brisk walking. Do the same thing when you're done working out until your heart rate returns to normal.
- Pay attention to your body. Stop exercising if you feel very out of breath, dizzy, faint, and nauseous or have pain.



## Protect Yourself from the Sun

To help prevent sunburn and skin cancer while still having fun outdoors, regularly use sun protective practices such as



- Seek shade, especially during midday hours (10:00 a.m. – 4:00 p.m.), when UV rays are strongest and do the most damage.
- Cover up with clothing to protect exposed skin.
- Get a hat with a wide brim to shade the face, head, ears, and neck.
- Grab shades that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Rub on sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.
- It's always wise to choose more than one way to cover up when you're in the sun. Use sunscreen, and put on a T-shirt... Seek shade, and grab your sunglasses... Wear a hat, but rub on sunscreen too.

## Proper Hydration

All beverages are mostly water, which is a nutrient that is essential to life. Every body function depends on water, and you can live only a few days without it. Your total body weight is 55-75% water, which is approximately 10 to 12 gallons. Water makes up about 83% of blood, 73% of muscles, 25 % of body fat, and 22% of bones.



Eighty percent of your total fluid intake comes from beverages of all kinds, and the other 20% comes from foods. Choose water as your primary beverage. It is usually inexpensive and readily available. Water is also thirst quenching, contains no calories, fat, cholesterol, or caffeine, and is low in sodium. Water's other benefits include:

- Prevents dehydration
- Regulates body temperature to about 98.6° F
- Reduces fluid retention
- Gives the feeling of fullness when consumed with a meal
- Carries nutrients and oxygen to the cells
- Provides moisture to skin and other tissues
- Helps prevent constipation
- Cushions joints
- Helps strengthen muscles

Tap water, especially from large municipal water systems, is just as safe as bottled water and less expensive. If bottled water gets a person to drink more water, then the added expense may be worthwhile. Be aware, however, that some bottled water is actually reprocessed tap water, and others have added sugar and sodium.



On an average day, a healthy adult needs 8 to 12 cups of water to replace the amount lost through perspiration, breathing, urination, and bowel movements. These fluids must be replaced to avoid dehydration and to keep the body working normally. When eating a high fiber diet, extra water is needed to process the additional roughage.

In general, one quart of water is needed daily for every 50 pounds of body weight. The exact amount of water needed depends on: age; gender; weight; health; level of physical activity; foods eaten; any medications taken; and the weather.

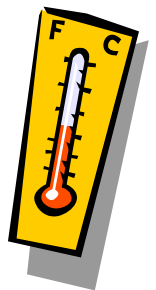
Thirst is one sign that you need fluids. Your current fluid intake is probably adequate if you drink enough water to quench your thirst, you feel well, and you produce a normal amount of urine that is colorless or slightly yellow. However, do not wait until you feel thirsty before drinking something. Sometimes the brain doesn't get the thirst signal. Older adults often lose the ability to sense thirst.

When involved in an active sport that makes you sweat, drink plenty of water throughout the day, not just during the activity. Sweat, or perspiration, is the body's natural way of cooling down, especially on a hot day or when your body gets a real physical workout. Without fluids, your body overheats. To replace fluid loss, drink plenty of water and juice or milk before, during, and after physical activity. These fluids prevent dehydration and the tiredness that accompanies it.

## Preventing and Recognizing Heat Injury

Heat-related illnesses aren't just a summer hazard. People exercise in steamy gyms and wearing heavy clothes in order to sweat more. Know how to recognize the three most common types of heat-related illness: heat stroke, heat exhaustion, and heat cramps.

- Heat strokes are the most severe, and can be fatal. Symptoms include a temperature to as high as 105 degrees; hot, red, and dry skin; a rapid, weak pulse; and rapid, shallow breathing. As first aid for a heat stroke, call 9-1-1 immediately. Wrap damp sheets around the victim and start fanning them. Wrap cold packs in a cloth and place them on the victim's wrists and ankles, in the armpits and on the neck.
- Victims of heat exhaustion will have a normal temperature, but will have other symptoms: cool, moist, pale skin; heavy sweating; headache, nausea or vomiting and dizziness.
- Heat cramps are muscular pains and spasms that result from intense exertion. Cramps most often attack the abdomen and legs.



To avoid heat illnesses:

- Wear lightweight, light-colored clothing,
- Drinking plenty of water,
- Take regular breaks and eating small meals.

## Health Promotion and Wellness Classes

### Early Prenatal



Designed to guide you through the changes your body will go through during your first and second trimester. You will learn how to keep healthy and fit with diet and exercise. We will share important information to assist you in caring for yourself and your baby. Classes should be taken early in your pregnancy (week 8-20). **To register call 451-3712**

### Lamaze Childbirth

A childbirth preparation class designed for first time expectant parents. Approach labor and birth with confidence and knowledge, knowing that your body knows just what to do. Classes will help you feel more confident and allow you to trust your body. You will learn comfort measures, breathing, relaxation, coping mechanisms, and the benefits and risks of medical interventions. Classes are limited to 15 couples, allowing for more personal attention. Register early, classes should be taken in about your 7<sup>th</sup> month. **Call 451-3712**  
**Classes are a 4 week series offered on Wednesday evenings.**



### Siblings



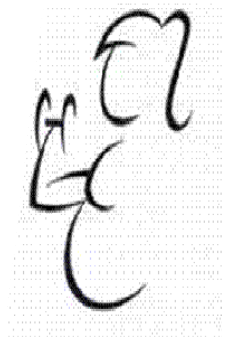
The sibling class is designed for children between the ages of 3 and 9. Children are encouraged to express their feelings about having a baby brother or sister. Topics explored in the class include: what to expect when the baby arrives home; how to help Mom and Dad care for the new baby; a craft project and a tour of the Coastal Carolina Mother Baby Unit and Labor and Delivery. Classes are held the third Thursday of each month from 1000-1130. Please meet in the OB Clinic Conference Room. Call the Naval Hospital Health Promotion and Wellness Dept. at **(910) 451-3712** to register for class.

### Infant Care

Learn the basics of infant care before your baby is born. Class includes information and demonstrations on holding, diapering, bathing and feeding a baby. Newborn characteristics and behaviors are explained. Classes are held on the fourth Tuesday of the month. **Call 451-3712 to register**



## Pregnancy Exercise Program (PEP)



The program is an innovative physical fitness program designed to assist pregnant women to maintain wellness, fitness and to deliver a healthy baby. Participants will exercise for one-hour, 2 times a week to include low-impact aerobics, walking, cycling, aqua fitness, and/or total body conditioning. After delivery the goal shifts toward assisting the participants to return to a state of fitness. Classes are held at the TT2 and French Creek Fitness Centers. Child care is available at the TT2 Fitness Center. For more info or to register call the Naval Hospital Health Promotion and Wellness Dept. at **(910) 451-3712**.

## Are You Ready to Quit Tobacco?

Mark Twain once said, **“It's easy to quit smoking. I've done it hundreds of times.”** On average, it takes most tobacco users 5 or more attempts before they become tobacco free. The fact remains that though it can be difficult, it is not impossible. Most people need a reason to quit, whether it's personal health, the health of others, money, or a just a desire to be free of an addictive compound. If you are serious about quitting tobacco, call the Naval Hospital Health Promotion and Wellness Dept. at **(910) 451-3712** to enroll in the Tobacco Cessation program.



## Healthy Heart



This five session course is designed to provide patients with information on cardiac disease progression and lifestyle modifications necessary to prevent and self-manage heart disease (stroke, TIA's hypertension, and hyperlipidemia). A team of a Health Educators, Physicians, Pharmacists, Nurses, Exercise Physiologists, and Nutritionists present topics including coronary disease, medications, cardiac risk factors, safe exercise, stress management, and heart healthy nutrition. Family members are highly encouraged to attend and learn along with the patient. For any questions or to register for a course please contact Naval Hospital Camp Lejeune Health Promotion and Wellness Dept. at **(910) 451-3712**.

## Weight Wise

It's not just what you eat; it's when... where...and how. The **Weight Wise** course at the Naval Hospital Health Promotion and Wellness Dept. in Bldg 4 helps answer these questions, and is available to all military beneficiaries and Department of Defense employees. Classes meet for one-hour a week for 4 consecutive weeks. Call Health Promotion and Wellness at **(910) 451-3712** for more info.



## Diabetes Management

The Diabetes Management course helps Diabetics gain a better understanding of diabetes and its complications. Participants attend weekly classes for 1½ hours for 4 consecutive weeks. Topics include: Diabetes diagnosis, treatment, nutrition, exercise, how to prevent complications, foot care, and understanding diabetic medications. Classes are held at Health Promotion, Bldg 4. Please call 451-3712 to register.



## Healthy Cooking



The Healthy Cooking class is designed to teach military beneficiaries and DoD employees how to plan, prepare, and cook healthy meals. The class is held in the Health Promotion and Wellness Center located in Bldg 4. Participants receive important nutritional information, healthy recipes, food service sanitation info, learn how to cook healthy, and enjoy a healthy meal. To register for a class, call the Health Promotion and Wellness Department at (910) 451-3712.

**Click on the computer icon below to view our “ Health Promotion and Wellness Class Calendar” for 2009!**



***All classes are open to TRICARE beneficiaries and DoD employees.***

***For more information please visit the Naval Hospital Camp Lejeune Website***

***<http://www.med.navy.mil/sites/nhcl/classes/Pages/default.aspx>***