

# InFlight

## Wellness Weekly



## Physical Activity

HAPPY HOLIDAYS

## Exercising During the Holidays

It's hard enough to exercise the rest of the year, but add holidays to the mix and many of us find exercise becomes less of a priority as to-do lists grow longer and longer. The last thing you want is more stress and, for many of us, trying to keep to our usual workout program does just that. At the same time, staying active in some way will give you energy, reduce stress and tension and, of course, help mitigate some of the extra calories you may be eating.

### How do you find that balance?

If you're traveling, **plan ahead**. It's easier to stick with it when you have it planned than to squeeze it in later:

- Search for walking, running or park trails nearby
- Look up information about the hotel you're staying at and find out if they have an exercise room
- Find any nearby gyms and ask if they let guests use their facility
- Talk to your family in advance and suggest taking a walk or doing something active together
- Plan simple workouts that don't require much space or equipment.



If you're not sure about your schedule or whether you'll even have time to get in a workout, **be prepared** for the worst-case scenario.

- Bring a workout plan with you. Plan a 10-minute routine you could do right in your bedroom. For example, you could choose 10 exercises and do each for 1 minute (squats, lunges, pushups, jumping jacks).
- Bring resistance bands. They travel well and you can use them for quick strength exercises whenever you catch a few minutes.
- If you have a laptop, try streaming workouts online.
- If guests are staying with you, move your equipment (weights or bands) into your bedroom so you can sneak in some exercise at night or in the morning.

**Use every opportunity.** If you find there's just no way to get in a workout, get creative and find ways to move your body any way you can:

- Walk as much as possible. Take extra laps at the mall, use the stairs, volunteer to walk the dog.
- If you're hanging out with kids, set up a game of football.
- Offer to help with the housework, shoveling snow or raking leaves.

The most important thing is to be realistic and go easy on yourself. You aren't always in charge of your schedule during the holidays so you can only do your best. Remind yourself that you can get back to your routine when you're back home.

How to Stay Active and Exercise During the Holidays. Retrieved from <https://www.verywellfit.com/exercise-during-the-holidays-1231555>



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See calendar on other side to see what is going on this week

## Be an Active Family During the Holidays

The holiday season can be a busy and stressful time for families. Along with those hectic schedules, the cold winter weather can make it challenging for squeezing in some physical activity each day. However, being active as a family can benefit everyone. Follow these tips to add more activity during the winter months.

**Schedule some time for physical activity.** Determine time slots throughout the week when most family members are available. Devote a few of these times to doing something active.

**Turn off the screens.** Instead of watching TV or playing video games, create an indoor obstacle course, make a scavenger hunt or play charades. Being active as a family creates special memories and helps relieve holiday stress.

**Bundle up for outdoor play.** Create a snowman or "snow family". Climb a snow mountain or make paths through the snow. No snow? Walk around your neighborhood to view lighting displays rather than taking the car.

**Don't ditch the housework.** We all have experienced the tiring effects of doing chores. But those chores are a great way to add physical activity and have a clean house - ready for holiday guests. Kids can help vacuum, dust, or sweep the floor.

**Treat the family with fun physical activity.** Enjoyable experiences such as an afternoon of ice skating or an evening of bowling make great gifts.

Be an Active Family during the Holidays. Retrieved from <https://food.unl.edu/be-active-family-during-holidays>

## HeRO Spotlight: Whiteman Air Force Base Introducing HeRO



The 509th MDG Health Promotion Coordinator found a creative way to introduce HeRO to the squadron by sponsoring an indoor cycling session for the MDG Exec team (Airmen were also encouraged to attend). During this introductory class, attendees were taught proper form and positioning on a stationary bike to maximize effectiveness and minimize injury. After the class, the Health Promotion Coordinator gave an overview class on nutrition.

The collaboration between health promotion teams and commanders can prove critical to program success, which can then further overall mission success.

Col. Chrystal Henderson, commander of the 509th MDG said the class was fun, effective, well-planned and just the right amount of time. *“The best part of it was that I got my workout in for the day and I had fun with my team,”* said Henderson. *“It gave us an opportunity to spend time with each other outside of our usual office setting doing something we all enjoyed.”*



Henderson highlighted the HeRO initiative because it promotes health and wellness as a lifestyle versus solely as a means to pass a physical fitness test. She said it provides the tools Airmen need to prevent, mitigate or reverse actions which contribute to their overall morbidity and mortality.

According to the data gathered by the 509th MDG, more than 60 percent of Air Force members at Whiteman AFB are categorized as overweight, more than 30 percent don't eat enough fruits and vegetables, and upwards of 50 percent do not get enough sleep. This puts them at risk of developing a chronic disease, such as high blood pressure, high cholesterol, diabetes or heart disease. They are also at significant risk for failing fitness standards and sustaining injuries.

*“This program gives them what they need to be successful and to see positive changes in how they feel and in how they perform,”* said Henderson. *“As the old saying goes, ‘an ounce of prevention is worth a pound of cure’.* The HeRO initiative is a guide on the path to prevention. Prevention is the key to health and wellness. Health and wellness leads to mission success.

Read the full story at: <https://www.airforcemedicine.af.mil/News/Display/Article/1991937/509th-mdg-launches-project-hero-at-whiteman-afb/>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you “Bust The Myths!” Send your questions to [usaf.jbsa.afmsa.mbx.hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.hpo@mail.mil). Make sure to include in the subject line “Health Myth Buster.” For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/> or [https://www.facebook.com/Joint-Base-Andrews\\_Health-Promotion\\_120094328077726](https://www.facebook.com/Joint-Base-Andrews_Health-Promotion_120094328077726)



HERE'S WHAT'S GOING ON  
WHERE YOU LIVE AND WORK



<https://www.resilience.af.mil/>

Your Local Health  
Promotion Office



Contact: Sylvia Goff, Health Promotion Coordinator

Phone: 240-612-1745

Email: [sylvia.a.goff.civ@mail.mil](mailto:sylvia.a.goff.civ@mail.mil)

Monday	Tuesday	Wednesday	Thursday	Friday
	Classes are held at Malcolm Grow Medical Clinic, 1060 West Perimeter Rd., Joint Base Andrews MD			
<b>Building Healthy Lifestyles</b> Mondays at 1500 Register at: 240-857-7186	<b>Building Healthy Lifestyles</b> Tuesdays at 1000 Register at: 240-857-7186		<p>Control your urge to over-indulge during the holidays</p>	<b>Looking to Improve Your Health?</b> Consider attending classes offered by our Clinical Health Psychology Team. Call 240-857-7186 to sign up
Comprehensive Fitness Incentive Program (C-FIP) 8 wk prgm - Mon/Wed/Fri 0700-0800, Tactical Fitness Ctr, Register at: <a href="https://www.signupgenius.com/go/8050f4ea4a62ca7f85-cfip">https://www.signupgenius.com/go/8050f4ea4a62ca7f85-cfip</a>				