



Wellness Tips To
Bette Your Life

InFlight

Wellness Weekly

7 May 2018

Healthy Weight & Nutritional Fitness | **Physical Activity** | Tobacco Free Living | Sleep Optimization



Finding The Joy In Fitness

Fitness is a state of mind. For most, being physically active is viewed as a chore while for others it is a time filled with goal achieving accomplishments. When deciding to go for that jog vs staying for that second cup of coffee, most would choose the coffee. Everyday people make choices that could result in life and death situations yet many fail to save the one life that matters the most..... their own.

Exercise and physical activity should not be a humdrum affair. We often try to achieve some far reaching, and sometimes unrealistic goal and become discouraged when we fail. But what if instead of focusing on the nebulous goal of "losing weight" or the stigmas that many attach to fitness, we instead focus on the day-to-day things that will eventually lead us to achieving those goals? There is joy in fitness, you just have to know where to look.

Thinking of Fitness As A Chore

Exercise for most is optional, and for service members a requirement. In today's hyper media society, fitness is also viewed as entertainment and most would rather watch others sweat-it-out cheering them on versus actually doing the sweating themselves.

Finding that balance of getting fit with fun is a constant struggle. Instead of looking for a way to receive immediate gratification from doing the exercise or physical activity, focus on achieving your long-term goal instead of shooting for the short-term benefit, i.e., thinking that if you do an extra hour it's ok to treat yourself to ice cream or an extra slice of cake. And while it is true that your body's metabolism maintains a slight elevation after exercise, the caloric difference is not enough to give you the green light to eat whatever you want.

Resources:

1. Exercise for Mental Health : NCBI, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658/>
2. The Benefits of Physical Activity - CDC: <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>
3. Depression and Anxiety: Exercise Eases Symptoms - Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>
4. National Physical Fitness & Sports Month - HHS: <https://www.hhs.gov/fitness/be-active/npsfm2017/index.html>



HHS.gov
U.S. Department of Health & Human Services



NIH
National Institutes of Health

See calendar on other side to see what's going on this week

The Health Benefits of Regular Exercise

There are numerous health benefits from doing even just 30 minutes a day of some form of regular physical activity or exercise. Here are some just to name a few:

- Reduces Blood Pressure
- Lowers Your Risk of Type-2 Diabetes
- Improved Sleep
- Increased Interest In Sex
- Better Endurance
- Maintains Immune Function
- Improvement In Mood and Is A Great Stress Relief
- Increased Energy And Stamina
- Reduced Tiredness That Can Increase Mental Alertness
- Weight Reduction
- Reduced Cholesterol And Improved Cardiovascular Fitness

Getting To The New You - Mind Over Body

When creating your new outlook on fitness, approach it not as a requirement, but as a means to boost your energy levels and overall mood. Performing aerobic exercises like jogging, swimming, cycling, walking, gardening, and dancing have been proven to reduce anxiety and depression. Pick a physical activity you think you might be good at and do it with others. Meeting reasonable exercise goals and challenges, even small ones, can boost your self-confidence and help you to develop a more positive feeling towards exercise and fitness.

Do It Because You Love It

One problem many face is they workout not because they love their body, but because they hate the way they look. Instead of battling with the mirror or scale every morning, make it less about getting rid of what you don't like and focus on what you can do to make things better. Don't treat fitness as a hobby. The best thing to do is take that feeling you get from doing a fun and enjoyable hobby and infuse it into your daily fitness routine.

Getting A Move On It - #MoveInMay

Being physically fit and healthy is a long-term investment. The month of May has always been the month that we highlight the benefits of being physically active. The President's Council on Sports, Fitness and Nutrition celebrates all things physical this month and would like to encourage you to "Move In May." Join others across the country and world in celebrating National Physical Fitness and Sports month and make fitness fun!



AIR FORCE MEDICINE
TRUSTED CARE...ANYWHERE
WWW.AIRFORCEMEDICINE.AF.MIL

A Personal Message From Your Health Promotion Health Myth Busting Team

Dear Health Myth Busters,



I want to make fitness fun for myself and my family. I came across some articles online that say May promotes national fitness and sports. I want to challenge myself to be healthier and in better shape but find most exercises and workouts are not so fun for me or my family. I keep getting told to not treat fitness like a hobby, it's a way of life, but find it hard to find any fun in fitness. How can I challenge myself and still have fun?

Sincerely,
Challenged

Dear Challenged,

It's great that you want to make fitness fun and challenging at the same time. The month of May has resources and information pro-vided by the Presidents Council on Fitness, Sports and Nutrition that can help you get more involved in fitness activities that are fun for you and your family while challenging yourself.

When challenging yourself, start with something you enjoy. If you enjoy walking or running, try participating in a local 5K challenge. This is a fun group activity, and an easy way to get involved and meet new people. Or maybe you enjoy a particular sport, i.e. racquetball, baseball, volleyball. You can check out the local intramural sports opportunities to get involved. Surrounding yourself with fitness minded people is an important first step in your journey to having fun and improving your fitness level. You can also incorporate a tracking device, i.e. Map my Run, Fitbit, or just your cell phone to time your run; challenge yourself to beat your current walk or run time. Also, joining a local biking or running club, will motivate you to participate and stay connected with friends.

Whatever challenge or fun activity you decide to get involved in, I recommend beginning your challenge by setting the goal of meeting the American College of Sports Medicine's Physical Activity Guidelines. Aim for 2 hours and 30 min of moderate aerobic activity per week. Some examples of moderate activity are things like walking fast, lite jogging, and swimming. Fun activities like dancing, gardening or even raking leaves count towards time spent in moderate activity too. The strength guidelines are to perform muscle strengthening activities, like lifting weights or using exercise bands at least 2 days per week. Good luck with your new adventure, and have fun!

Sincerely,
Health Myth Busters

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.afmoa.mbx.hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Healthy Living webpage <http://www.airforcemedicine.af.mil/HealthyLiving/> or <https://www.facebook.com/Joint-Base-Andrews-Health-Promotion-120094328077726/>



**HERES WHATS GOING ON
WHERE YOU LIVE**

Joint Base Andrews

Your Local Health
Promotion Office



Contact: Sylvia Goff (JBA) Janet Grund (JBAB)
Phone: 240-612-1745 202-404-1563
Email: sylvia.a.goff.civ@mail.mil

Monday	Tuesday	Wednesday	Thursday	Friday
	Classes are held at Malcolm Grow Medical Clinic, 1060 West Perimeter Road, JB Andrews, MD			
Sleep Enhancement Class Register at: 240-612-1130 Healthy Heart Class, 0900 2nd Mon, 240-612-2396 Weight Mgmt Class, 0800 4th Mon, 240-612-2703	Diabetes Self Mgmt Education Register at: 240-612-2396 Tobacco Cessation Class Register at: 240-857-8942 Stress Mgmt & Relaxation Trng Register at: 240-857-8942	 A heartfelt thanks for all you do !!	HEALTH PROMOTION SERVICES Base Nutrition Environment Assessment (mNEAT) Health Improvement Briefings Unit Force Health Reports Metabolic analysis (JBAB only)	National Nurse/Technician Week Friday, May 4, 3:00 p.m. May the Total Nursing Force Be With You! Kick-off Event, 11 MDG Atrium