U.S. NAVAL HOSPITAL NAPLES, ITALY

For YOUR Health

A Health Promotions Newsletter

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Are you ready to quit smoking, chewing or dipping?

Tobacco Cessation resources are available to you! Group/Individual sessions are available at CAPO and at the Support Site. Call Health Promotions today to schedule a time that is best for you, and QUIT today!

Physical Fitness and Better Hearing & Speech Month

It's May again and with that comes sun, warm weather and the opportunity to get out and be more active.

May is Physical Fitness month and our opportunity in the Health Promotion Department to encourage you to get outside and to be more active!

Did you know that adults should exercise 4-5 times a week for at least 30 minutes? Children need at least one hour of exercise each day.

Physical exercise helps you to have healthy muscles and strong bones. It also helps to decrease anxiety, stress, and blood pressure, as well as increase self esteem.

Getting physical activity can be simple! Walk to the NEX, take the stairs instead of the elevator, play outside with your children, walk to school, ride your bike, etc.

This month we challenge you to set the example for physical fitness for your family and for the community. Make an active lifestyle part of your daily routine!. Lead with your healthy habits!

Make Fitness Fun for your Preschooler!

There is no better time to form positive learning attitudes than the preschool years! The preschool aged child's desire to move, move, move makes it a great time to cultivate fitness habits that can last through the years. Regular exercise helps kids grow strong muscles and bones, develop important motor skills, and enhance their feelings of self esteem.

Everyday preschoolers should have about 60 minutes of organized physical activity.

Play at the playground!

Create a Scavenger Hunt as you walk around base—look for an American Flag's, black cats etc...

Plant a garden together.

Play wheelbarrow by holding your child's legs and let them walk on their arms.

Pretend to be animals! Take turns acting out animal moves—a jumping frog, running fast like a jaguar, flapping arms like a bird.

According to the CDC, over 10% of preschool children between the ages of 2 and 5 are overweight.

Are you getting bored with your workout? You are not alone! Even the most dedicated exercisers get bored with their routines. Check out these tips for battling your workout boredom!

1) Add a new activity! Try an aerobics or spin class, lift free weights, or try a change of scenery—head outside!
2) Try a team sport! Sign up for volleyball, basketball, tennis, or soccer.
3) Find a workout buddy.
4) Set a new goal to give your workout meaning! Run a 10K, train for a triathlon or a marathon.
5) Try taking a break—sometimes you really need time off. If this is the case, cut back on your normal routine and add something NEW!

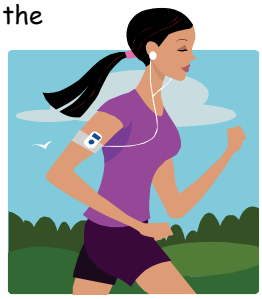
What Should Be In Your Fitness Program?

A complete fitness program includes aerobic exercise, muscular strength training, and flexibility exercises.

Aerobic exercises help keep your cardiovascular system healthy and are a vital part of weight loss and weight maintenance. Aerobic exercises are any activities that use large muscle groups in a continuous pattern for periods of time—walking, jogging, cycling, aerobic classes, and swimming. The American Council on Exercise (ACE) advises that it is important to exercise 4-5 days a week for 20-45 minutes depending on your physical ability.

Muscle strengthening can help improve strength and posture, decrease your risk of back injury, and is an integral part of weight management.

You can use machines or free weights—just be sure to hit all major muscle groups of the arms, chest, back, stomach, hips, and legs. The ACE recommends starting with a set of weights that is comfortable to handle. You should be able to complete 8-12 repetitions for 3 sets, adding more weight when the exercise becomes too easy.



Flexibility exercises are necessary to maintain joint range of motion and to decrease the risk of injury and muscle soreness. Proper stretching means holding a stretch for 10-30 seconds. Be sure to always warm up before you stretch and be sure to stretch every major muscle group.

Remember, always check with your provider before beginning an exercise program, especially if you are over 40 years old, have cardiovascular risk factors, high cholesterol, diabetes, or a family history of heart disease.

EVERYONE CAN BENEFIT FROM PHYSICAL ACTIVITY

Older adults No one is too old to enjoy the benefits of regular physical activity. Evidence indicates that muscle-strengthening exercises can reduce the risk of falling and fracturing bones while improving the ability to live independently.

Parents and children Parents can help their children maintain a physically active lifestyle by providing encouragement and opportunities for physical activity. Families can plan outings and events that allow and encourage everyone in the family to be active.

Teenagers Regular physical activity improves strength, builds lean muscle, and decreases body fat. Activity can build stronger bones to last a lifetime.

People trying to manage their weight Regular physical activity burns calories while preserving lean muscle mass. Regular physical activity is a key component of any weight-loss or weight-management effort.

People with high blood pressure Regular physical activity helps lower blood pressure but consult your physician before working out.

People with physical disabilities, including arthritis Regular physical activity can help people with chronic, disabling conditions improve their stamina and muscle strength. It also can improve psychological well-being and quality of life by increasing the ability to perform the activities of daily life.

Those under stress, including persons experiencing anxiety or depression Regular physical activity improves one's mood, helps relieve depression, and increases feelings of well-being. Physical activity also helps those who are quitting smoking by reducing tension and anxiety.

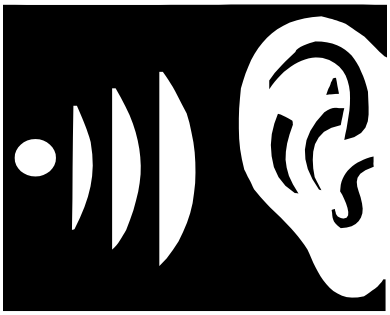
LISTEN UP!!!!

HAVE YOU HAD YOUR HEARING TESTED LATELY??

Hearing health is important and should be checked on a regular basis. An estimated 1 in 10 Americans (28 million) are affected by hearing loss. However, many associate hearing loss with a stigma and instead of seeking help prefer to cope via lip reading or nodding. If you are experiencing hearing loss don't delay making an appointment to see the audiologist today!

HEARING HAZARD

Noise is not a new hazard. It has been a constant threat since the industrial revolution. Too much noise exposure may cause a temporary change in hearing (your ears may feel stuffed up) or a temporary ringing in your ears (tinnitus). These short-term problems usually go away within a few minutes or hours after leaving the noise. However, repeated exposures to loud noise can lead to permanent, incurable hearing loss or tinnitus. Audiologists recommend removing hazardous noise from the workplace whenever possible and using hearing protectors when necessary. Some examples of everyday hearing hazards: car and home stereos, music concerts, and iPods.



Approximately 30 million workers are exposed to hazardous noise on the job

How can I tell if a noise situation is too loud?

There are two rules: First, if you have to raise your voice to talk to someone who is an arm's length away, then the noise is likely to be hazardous. Second, if your ears are ringing or sounds seem dull or flat after leaving a noisy place, then you probably were exposed to hazardous noise.

What is Work-Related Hearing Loss?

Work-related hearing loss continues to be a critical workplace safety and health issue. The National Institute for Occupational Safety and Health (NIOSH) and the occupational safety and health community named hearing loss one of the 21 priority areas for research in the next century. Noise-induced hearing loss is 100 percent preventable but once acquired, hearing loss is permanent and irreversible. Therefore, prevention measures must be taken by employers and workers to ensure the protection of workers' hearing.

ABC's of Fitness!

A is for activities
B is for strong bones
C is for cool down after activities
D is for drinking 8 glasses of water every day
E is for activity every day
F is for flexibility—stretch out!
G is for activity goals
H is for a healthy heart
I is for preventing injury
J is for jumpin' jacks
K is for knowing how to play
L is for an active lifestyle
M is for strong muscles
N is for nutrition
O is for more oxygen when you exercise.
P is for good posture
Q is for quizzing your mind
R is for rest and reenergizing
S is for sun safety
T is for limited TV time
U is for being upbeat
V is for variety
W is for the warm up
X is for setting a good eXample about fitness
Y is for your healthy future
Z is for zest

Family Fun Fitness

Plant a garden ● Explore a park ● Roller Skate ● Shoot hoops ● Play catch ● Take a walk after dinner ● Go swimming ● Play tennis ● Walk to school ● Clean up your yard ● Go on a picnic ● Walk on the beach ● Go hiking ● Go canoeing ● Ski ● Play soccer ● Do jumping jacks ● Tour historic sites ● Go bowling ● Play tag ● Go horseback riding ● Lift weights ● Do pushups ● Wash the car ● Jump rope ● Play hide and seek ● Run an obstacle course ● Walk to the store ● Walk the dog ● Play at the playground ● Have races ● Have a Hula Hoop Contest ● Take a nature walk ● Fly kites ● Join in a neighborhood cleanup ● Learn to juggle ● Hold a treasure hunt ● Ride your bike ●

Keep Energized and Motivated to Exercise!

1). Drink a glass of juice to boost your energy before a workout.

2). Eat a breakfast that has whole grains and fruits.

3). East small frequent meals and snacks throughout the day to maintain your blood sugar.

4). Have a light, healthy snack one hour before your workout.

5). Stay hydrated—Keep a water bottle with you throughout the day

6). Limit the amount of caffeine in your diet.

USNH NAPLES HEALTH PROMOTIONS

Contact us to sign up for one of our classes!

Comm: 081-811-6311/ 6313
DSN: 629-6311/ 6313
E-mail:
napleshealthpromotions@med.navy.mil

Sempre Latte

Join us every Wednesday morning at 1100 in the Health Promotion Classroom to learn more about breast feeding.

Toddlers and newborns are welcome to join.

Commissary Shopping Tour

May 7th @ 0930

Call to register

Check out our Website!
www.naples.med.navy.mil
And click on
Health Promotions

Recenter
and
Reclaim Yourself
with Meditation

Every Monday @ 1900 in the Support Site Side Chapel.

Please come at 1830 if it is your first session.

Are you interested in Healthy Eating and Fitness Classes?

Contact HM2 Dragneff @ 629 6313 to sign up for the next

Ship Shape Class

07 JUNE 2010

Frequently Called USNH Numbers

Central Appointments	629 6000
Emergency Room	629 6150
Family Practice	629 6271
General Surgery	629 6400
Internal Medicine	629 6291
OB/GYN	629 6404
Ophthalmology	629 6386
Orthopedics	629 6388
Pediatrics	629 6242
Pharmacy	629 6225

Quote of the Month

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.

~Plato

Teen Clinic @ NAHS

May 13th and 27th

0830-1200

Contact the High School Nurse @ 629 4010 to schedule an appointment!