



HEALTH PROMOTION AND WELLNESS

MISSION

“ENCOURAGE A CULTURE OF HEALTHY LIFESTYLES”

VISION

“ A HEALTHY AND FIT FORCE”

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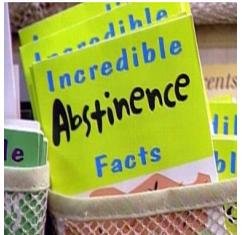
HEALTH PROMOTION EDUCATOR

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****CLASSES ARE CONDUCTED BY VOLUNTEERS AND IS SUBJECT TO CANCELLATION OR CHANGE WITHOUT NOTICE**

APRIL 2016 IS SEXUAL HEALTH MONTH



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>“LET’S BUILD POSITIVE AND HEALTHY RELATIONSHIPS”</p>	<p>SEXUAL ASSUALT & SEXUAL HEALTH AWARENESS MONTH</p>	<p>Save the Dates Biggest Loser Challenge Kick Off event April 1st- 11-1pm Kids Fest April 2nd 10- 2pm</p>	 HM2 Kelli Fargason 228-3912	<p>KICK BALL TOURNAMENT APRIL 21ST @ 9AM REGISTER NOW OR BY APRIL 14TH</p> 	<p>1 BIGGEST LOSER CHALLENGE KICK OFF 1100-1300 Outdoor event next to the basketball court</p>	<p>2  www.ashasexualhealth.org/parents/how-to-talk-to-your-kids/</p>
<p>3 </p>	<p>4 TOBACCO CESSATION Branch Health Clinic PI 1130 TABATA 1200-1300 TURBO KICK 1630-1715</p>	<p>5 STEP 1200-1300</p>	<p>6 3-2-1 1200-1230 PIYO 1630-1715</p>	<p>7 STRENGTH INTERVALS 1130-1215 ZUMBA TONING 1230-1300 SPINNING 1600-1700</p>	<p>8 3-2-1 1200-1230</p>	<p>9 Sexual health is the ability to embrace and enjoy our sexuality throughout our lives.</p>
<p>10 Sexual Health is an important part of our physical and emotional health.</p>	<p>11 TOBACCO CESSATION Branch Health Clinic PI 1130 TABATA 1200-1300 TURBO KICK 1630-1715</p>	<p>12 STEP 1200-1300</p>	<p>13 3-2-1 1200-1230 PIYO 1630-1715</p>	<p>14 STRENGTH INTERVALS 1130-1215 ZUMBA TONING 1230-1300 SPINNING 1600-1700</p>	<p>15 3-2-1 1200-1230</p>	<p>16 </p>
<p>17 </p>	<p>18 TOBACCO CESSATION Branch Health Clinic PI 1130 TABATA 1200-1300 TURBO KICK 1630-1715</p>	<p>19 STEP 1200-1300</p>	<p>20 3-2-1 1200-1230 PIYO 1630-1715</p>	<p>21 STRENGTH INTERVALS 1130-1215 ZUMBA TONING 1230-1300 SPINNING 1600-1700</p>	<p>22 3-2-1 1200-1230</p>	<p>23 </p>
<p>24 </p>	<p>25 TOBACCO CESSATION Branch Health Clinic PI 1130 TABATA 1200-1300 TURBO KICK 1630-1715</p>	<p>26 STEP 1200-1300</p>	<p>27 3-2-1 1200-1230 PIYO 1630-1715</p>	<p>28 STRENGTH INTERVALS 1130-1215 ZUMBA TONING 1230-1300 SPINNING 1600-1700</p>	<p>29 MICROFIT FITNESS EVALUATION AND BODY FAT ANALYSIS AVAILABLE!!! Call 228-5344/5486 to schedule an Appointment</p>	<p>30 Naval Hospital Beaufort is a Tobacco Free Facility </p>



Protect your sexual health all year long with three simple actions:



talk.test.treat.

#TalkTestTreat #STDMONTH16

FITNESS

FITNESS ORIENTATION: Just starting an exercise program? Not familiar with exercise equipment? Health Promotions is offering a 1 Hour introduction to our state of the art Fitness Center, cardiovascular and strength equipment. We will also provide education on exercise guide-lines for improved health and calculating your target heart rate. Walk-ins are welcome. [call 228-5344 for more information.](tel:228-5344)

PERSONAL FITNESS EVALUATION/TRAINING: A workout program designed to meet your needs, increase your level of motivation and learn new training Methods. **By appointment only.** [Call 228-5344 for more information.](tel:228-5344)

INDOOR CYCLING (SPINNING): 45 minutes fun and energetic cardio class for all fitness levels. Don't miss the ultimate calories killer!

STRENGTH INTERVALS: A combination of cardio, strengthening, and endurance to the latest selection of upbeat music.

NEW! ZUMBA TONING: Latin inspired, dance fitness class that incorporates latin and international music with a variety of dance movements creating a dynamic, exciting and effective fitness program. Tone and sculpt your body in 30 minutes!

PIYO: Use your body to build your body. A 30 minute strength training, core conditioning, stretching, balance and cardio all choreographed to upbeat fun music.

TURBO KICK: The evolution of Kickboxing! A combination of dance and kickboxing moves; cardio aerobic activity put together to heart pounding high energy music. Kick, Punch, Dance & Sweat for 45 minutes!

STEP: A 60 minutes choreographed cardio fitness class to burn calories, shape the lower body, and strength the core.

TABATA: Blast the calories and get quick results with this 60 minutes high intensity interval training.

3-2-1: The 3-2-1 workout routine will get your body in the best shape ever! 30 minute workout routine that combines cardio, strength, and core training.

WELLNESS

TOBACCO CESSATION PROGRAM (FRESHSTART): Classes consist of education on tobacco facts, nicotine pharmacology & addiction, health consequences, stages of change, stress management, relapse prevention. Call 228-5344 to register. One-on-One sessions available by appointment.

WEIGHT MANAGEMENT (Lecture): 1hr. class that focuses on the importance of setting healthy, realistic short-and-long term goals. The focus is to build strategies to fit healthful eating habits into a busy lifestyle. To request a class contact 228-5344.

DIABETES EDUCATION CLASS (Lecture): 3 hr class that covers basic information on diabetes, nutrition and activity needed to promote self management of Pre-Diabetes and Diabetes Type 2. The class is offered the third Wednesday of every month. Call 228-5311 for more information.

HEALTHY HEART (Lecture): 1hr. Class that provides realistic tips to control blood pressure, cholesterol and weight. To request a class contact 228-5344.

SHIP SHAPE (Lecture): An action oriented 8 -week Weight Management Program focusing on nutrition education, increasing exercise, and behavior modification skills that support a healthy lifestyle. 1 hour per week. To request a class for your department or squadron contact Health