Naval Medical Center Portsmouth
Health Promotion and Wellness Dept

StepWell into a Future of Health & Fitness

StepWell News

Health & Readiness
Go Hand in Hand
FEB 2011

FEBRUARY IS AMERICAN HEART MONTH: According to the American Heart Association (AHA), 2200 Americans die of cardiovascular disease everyday. Heart disease is the #1 killer for women, age 20 and older, killing about one woman every minute.

The Simple 7 health factors are recommended by AHA for a healthy heart:
http://www.heart.org/HEARTORG/

1. *Get active:* 150 minutes per week of moderate activity
2. *Eat better*: choose nutritious foods instead of empty calories
3. *Quit Tobacco use*: smoking, dipping, chewing are very damaging
4. *Manage blood pressure*: heart disease and stroke risks increases with B/P over 120/80. Monitor your BP regularly and limit sodium (salt) intake
5. *Manage blood cholesterol:* increased risks with cholesterol over 200.
6. *Manage blood sugar:* blood sugar over 100 increases risk
7. *Maintain normal weight:* avoid fad diets and quick fixes and make lifelong healthy lifestyle choices

Crews into Shape Challenge is coming up! March 7 - April 2, 2011

This challenge runs for 4 weeks in March to celebrate National Nutrition Month. It encourages increasing physical activity, eating enough fruits and veggies for healthy weight and also supporting each other to maintain healthy habits. This is a great way to get your co-workers or family members together for health and fun. Open to all DoD.

Start forming your teams now and register before Feb 28th. Register through the Navy Marine Public Health site. http://www-nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Crews_Into_Shape/crews_info.aspx

Tips to Overcome Obstacles to Exercise

- No time: Examine all the lost/wasted time each day. Schedule mini-walks during the day. Pack up exercise shoes when traveling or for mini-walks when arriving to and when leaving work.
- Too tired: Just walk for 5-10 minutes. Walking can increase energy, and with regular walking, it is even more noticeable and longer lasting. 5 minutes is better than none!
- No convenient place to exercise: Walking requires no special equipment so you can walk almost anywhere. Look for safe and non-crowded walk areas in your workplace, neighborhood, or mall.

Write Off the Pounds
People who keep food and exercise logs are found to lose more weight than those who don't. Keeping a log of what you eat, drink and exercise helps to keep you accountable. It also helps to learn better portion control and increase your awareness of what you are actually eating. The logs can be in any format that works for you. It can be done on paper, I-phone, online. Some examples that are popular and free are sparkpeople.com and fitday.com.

Did You Know?:

- To burn off one jelly doughnut (300 calories), you would have to walk at a moderate pace for one hour.
- To burn off one fast food meal, double patty cheeseburger, large fries and 24 oz drink (1500 calories), you would have to run 2 1/2 hours at a 10 minute/mile pace. Ref: DHHS

Ability is what you are capable of. Motivation determines what you do.
Attitude determines how well you do it. Lou Holtz

Questions or comments?
Email Alice.fitzpatrick@med.navy.mil
http://www.med.navy.mil/sites/nmcp/Wellness/Pages/default.aspx/index.asp