



StepWell News

DID YOU KNOW... That moderate intensity activity is equivalent to a brisk walk. You know it is brisk walking when you can complete a mile in 15-20 minutes. Goal for brisk walking is at least 30 minutes a day for better health and fitness. You can do it!

Are You losing Muscle Tissue and Strength?

A complete exercise plan includes Cardio/Endurance 5 times/week, strength training 2 times/week, and flexibility exercises on most days. We know that Cardio helps to burn fat, but strength training also helps keep you strong, energetic and fit. Adding strength training helps to slow down the muscle loss that occurs as we get older and its never too late to start.

Good reasons to pump iron!

1. Increase metabolism to burn more calories
2. Preserve muscle
3. Strengthen bones
4. Reduce risk of falling
5. Improve control of blood sugar, cholesterol, and blood pressure
6. Maintain your independence as you get older
7. Improve your quality of life
8. Decrease body fat
9. Enhance recovery from stroke or heart attack
10. Reduce risk of low back injury

For more information, American Counsel on Exercise, www.acefitness.org
-Center for Disease Control, www.cdc.gov
-American College of Sports Medicine, www.acsm.org



FAST FOOD DINING Tips:

- Balance your day with light meals and snacks
- Choose grilled or charbroiled
- Avoid cheese, sour cream, bacon, mayo
- Choose side orders carefully. Large fries have 450 calories/ 25 fat grams



Nutrition Tips:

- To improve iron absorption, eat vitamin c rich foods and avoid caffeine
- Strive for 20-35 grams of fiber each day by choosing more fruits and veg-ies and whole grains
- Choose canned fish packed in water not oil
- Season with herbs and spices instead of salt and butter



National Inst of Health

Physical activity and safety

- Wear the proper clothes and shoes. It is dangerous to wear "garbage bag sweats" to make you sweat more. Wear materials that wick moisture and dry.
- Drink enough water before, during and after activity. Electrolyte replacement drinks are only needed after 60 minutes of sweating.
- Always let someone know where you are walking. It is better to walk in pairs or groups.

Be courageous in your life and in your pursuit of the things you want and the person you want to become.

-Jim Rohn

Questions or comments?

Email Alice.fitzpatrick@med.navy.mil

Wellness Web page: <http://www.med.navy.mil/SITES/NMCP/WELLNESS/Pages/default.aspx>