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Health Promotion and Wellness Friday Facts



“WEIGHT LOSS STRATEGIES: A NEW YEAR, A NEW APPROACH” WEBINAR 15 JANUARY



In observance of Healthy Weight Month, the NMCPHC Health Promotion and Wellness (HPW) Department will host a webinar for health professionals to discuss weight loss strategies. This is a pertinent issue across the Navy. According to the 2011 DoD Health Related Behaviors Survey of Active Duty Military Personnel, Navy personnel’s obesity rate is 15%. Maintaining a healthy weight

is important for military readiness and being moderately overweight to obese may obstruct readiness, as well as, decrease quality of life and health status.



This webinar is designed to assist you in promoting effective tools and strategies for healthy weight loss and maintenance. Please plan to attend the upcoming HPW webinar “Weight Loss Strategies: A New Year, A New Approach” on Wednesday, January 15th, 1200 – 1300 EST. To register for the webinar, please e-mail Melissa Cazaux at Melissa.Cazaux@med.navy.mil or to view the webinar on the day of the event, click on or copy and paste the following link: <https://connect.dco.dod.mil/healthyweight/>.

Webinar presenter:

Dr. Steve Heaston, PhD, ShipShape Program Manager, NMCPHC

Objectives:

- Identify six realistic strategies to achieve energy balance
- Identify the three essential components to achieve permanent healthy weight management
- Describe how to make 2013 the last year of “dieting”

The webinar is designated for Certified Health Education Specialists (CHES) to receive up to 1 Category 1 CECH.

ACTIVE LIVING: A NEW YEAR'S RESOLUTION



2014 is here, and many individuals have a goal to improve their fitness level or to reduce body fat. The NMCPHC ACTIVE LIVING website at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living.aspx> offers many different resources to assist Sailors and Marines in reaching New Year's goals!

- **RESOURCES for WEIGHT MANAGEMENT:**

Many people begin "fad" diets every year in order to lose weight. These diets often eliminate or severely reduce one or more of the essential food groups and/or recommend excessive amounts of other groups. Most fad diets achieve, at best, only a temporary weight loss. You can achieve permanent and healthy weight management by eating a "balanced" diet, which will also ensure peak performance.

In addition, an important aspect of weight management is physical activity. Engaging in a variety of moderate to intense aerobic, muscle strengthening and functional body movement activities will help you control your weight. We offer the educational resources and materials you need to help you lose weight or maintain a healthy weight at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/weight-management.aspx>.

For further assistance promoting weight loss strategies at your command, check out the [January HP Toolbox](#) for credible resources that will motivate and demystify weight management.

- **PERSONAL EXERCISE PROGRAM – HARD COPY OR APP AVAILABLE!**

NAVY OPERATIONAL FITNESS AND FUELING SYSTEM (NOFFS): An exercise program personalized for each individual person.

NOFFS is designed to provide the Navy with a world-class performance training resource for Sailors, as well as Navy health and fitness professionals. Using the latest sports science methodologies, the logic engine for NOFFS combines both human performance and injury prevention strategies, resulting in safer training while yielding positive human performance outcomes. Developed as a complete fitness package, the fueling aspect of this resource provides Sailors with the tools required to make healthy nutrition choices in both shore-based and operational environments. Find it at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/noffs.aspx>.

LOOKING FOR TIPS FOR THE POST-HOLIDAY SEASON?



Use the NMCPHC HPW Department's Holiday Tip sheets for new ways to approach the New Year for Sailors, Marines, and their families. The one-page handouts include well-being and budget ideas and strategies that can be used year-round but have particular relevance during the holiday season. Use them as part of your plan of the day (POD) notes or in a class you may be facilitating. You can locate them by checking out the Holiday Series Reproducibles under the Navigating Stress webpage at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/navigating-stress.aspx>.



(PHOTO: ARABIAN SEA (Nov. 22, 2013) Chief Hospital Corpsman Allan Antonio, a command fitness leader (CFL), leads physical training in the hangar bay aboard the amphibious assault ship USS Boxer (LHD 4). USS Boxer is the flagship for the Boxer Amphibious Ready Group and, with the embarked 13th Marine Expeditionary Unit (13th MEU), is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist Seaman Veronica Mammina/Released)

NEW OPERATION SUPPLEMENT SAFETY (OPSS) POSTER NOW AVAILABLE!



The new poster, “Taking a Dietary Supplement? Eat Real Food Instead!” is now available for download at: <https://usaphcapps.amedd.army.mil/HIOShoppingCart/viewItem.aspx?id=535> and has been added to the OPSS hot list at: <https://usaphcapps.amedd.army.mil/HIOShoppingCart/searchResults.aspx?hotlist=42>. The poster gives a suggested list of food to eat instead of taking dietary supplements.



DID YOU MISS ANY OF THE 2013 WEBINARS?



Last month, the NMCPHC HPW Department provided two excellent webinars- the “Tri-Service m-Neat Training” and “HIV in the Navy and Marine Corps - a Discussion for Health Professionals”. Both of them, as well as all webinars offered by the NMCPHC HPW Department during 2013, have been recorded and posted on the NMCPHC Healthy Living Webinar webpage. All can be accessed at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx>.

HPW’S NEW “THRIVE” INFOGRAPHIC



Check out NMCPHC HPW Department’s recently published “Thrive” Infographic. The infographic provides a visual representation of how the communities in which we live, the leaders we follow, and our relationships with others provide the support and tools for Sailors and Marines to navigate stress in a healthy way, remain mission ready, and perform at their best. Find the infographic on the HPW Resilience webpage at: http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/psychological-emotional-wellbeing/Thrive_Infographic.pdf.

[pdf](#).