



ShipShape

Weight Management *eNews* | Fall 2014

Program Manager's Note

The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department understands the importance of keeping ShipShape facilitators informed of current events related to weight management and changes that can impact the ShipShape program.

You may have read a recent Navy Times article titled “**9 proposals from CFLs to toughen Navy fitness tests**” that describes nine suggested changes to the Navy’s Physical Fitness Assessment (PFA). These proposed updates were part of feedback from Command Fitness Leaders and none have been approved by Navy leadership. The ShipShape Program will communicate any official changes to the PFA or body composition assessment (BCA) policies that could impact the ShipShape program.

Further, we value your feedback and hope to have an ongoing dialogue on the ShipShape curriculum and program execution. To enable this conversation between facilitators and NMCPHC, we have established a dedicated **ShipShape milSuite group**. The milSuite platform will be used to:

- ▶ Foster increased collaboration and communication across the ShipShape community
- ▶ Share tips and best practices with other facilitators in a collaborative environment
- ▶ Collect ongoing feedback from facilitators on the program, curriculum, and resources
- ▶ Share ShipShape materials with participants via a secure site

If you have any questions, please don't hesitate to contact me at diana.settles@navy.mil.

Very Respectfully,

Diana Settles, MAT, ATC

GET READY. GET FIT. GET HEALTHY.

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Upcoming Dates:

18–19 November: Pilot facilitator training (Naval Medical Center Portsmouth, Portsmouth, VA)*

2, 4, and 9 December: Current facilitator webinars

24–25 February: Facilitator training (NEPMU5, San Diego, CA)*

19–20 March: Facilitator training (NEPMU2, Norfolk, VA)*

*All facilitator trainings will have the Choose Healthy Options for Wellness (CHOW) course the first day, and the ShipShape Program Facilitator Training the second day. Please contact Ms. Sally Vickers (sally.vickers@med.navy.mil) for a quota request.

Stay Connected to ShipShape!

Visit our **website**, subscribe to the **newsletter**, or **contact us** directly. Engage with the program manager and other facilitators on the **ShipShape milSuite group!**



GET READY.
GET FIT.
GET HEALTHY.



Mind

Seasons of Change

As spring and summer fades into fall and winter, we experience a change in daytime length, light patterns, and outside temperatures. At the end of daylight savings time, we wake up to bright sunshine and return home to dark, evening skies.

For some people, the shift to winter can lead to experiencing Seasonal Affective Disorder (SAD). SAD is a type of depression that is linked to changes in the seasons and often occurs around similar times each year. Symptoms include feeling depressed or hopeless, sleep issues, irritability, weight gain or loss, and agitation or anxiety associated with the seasonal shifts.

Seasonal shifts can have a significant impact on health habits and daily routines. Factors such as colder temperatures and less daylight in the evening can make people less motivated to exercise, or reduce their ability to exercise outdoors. Additionally, seasonal changes may affect stress level and sleep patterns. To help adjust, encourage participants to incorporate these practices into fall and winter routines:

- ▶ Exercise in the morning instead of evening to take advantage of the bright morning light!
- ▶ Complete indoor exercises, such as the **NOFFS** series.
- ▶ Use **relaxation techniques**, such as deep breathing, to quiet your mind and relax your body.
- ▶ Ensure you get enough **quality sleep**.
- ▶ Practice **healthy eating habits** on a daily basis.

If you think a ShipShape participant is experiencing symptoms of SAD, have him or her consult their health care provider about treatment options, such as light therapy and medication. Don't let ShipShape participants hibernate this fall and winter! Promote good nutrition and physical fitness habits to keep participants healthy through the colder months.

Body

Take 5!

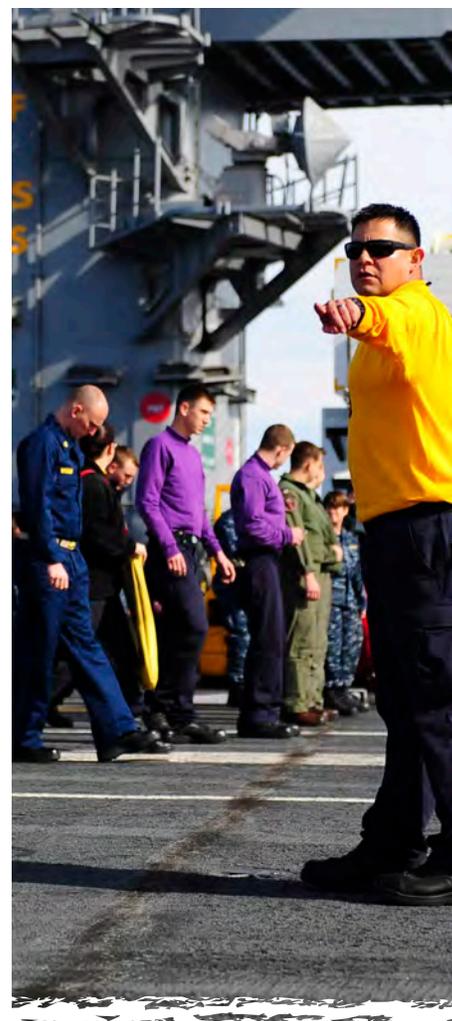
The average American sits for eight hours a day and Service members are not always an exception. Many Navy and Marine Corps personnel have shore-based jobs that could require spending most of the day sitting at a desk in front of a computer.

Did you know that sitting for a prolonged period of time can negatively impact your health? By sitting for too long, blood can start to pool in the legs and prevent it from flowing to the heart effectively, which could in turn lead to cardiovascular problems down the road.

A recent **study**¹ by researchers at Indiana University found that there are many health hazards associated with sitting for eight hours a day and also found that normal blood flow became impaired by as much as 50 percent after sitting for just one hour.

To help promote healthy blood flow, encourage Navy and Marine Corps personnel to take action. It may be easier than they think such as taking five-minute walking breaks

¹ Saurabh S. Thosar, Sylvanna L. Bielko, Kieren J. Mather, Jeanne D. Johnston, Janet P. Wallace. Effect of Prolonged Sitting and Breaks in Sitting Time on Endothelial Function. *Medicine & Science in Sports & Exercise*, 2014; 1 DOI: 10.1249/MSS.0000000000000479



every hour throughout the work day. Leading studies suggest that these five-minute walking breaks can actually help alleviate the impaired blood flow in leg arteries caused by sitting all day. It's also easy to incorporate this into a daily routine. Suggest setting a reminder on a calendar to "take 5," setting an alarm on a mobile phone, and walking over to a colleague's desk instead of emailing them. To learn more about how moderate activity contributes to fitness, click [here](#).



**GET READY.
GET FIT.
GET HEALTHY.**



Nutrition

The Replacements

The holiday season is fast approaching. Between workplace potlucks and family gatherings, it's a time of year when everyone's thoughts turn toward celebration, and food often takes center stage. Many of us have some favorite foods that we associate with the holidays, but there may be a way, with just a few substitutions, to reduce the amount of calories, fat, saturated fat, sodium, cholesterol, or sugar in these holiday treats. Recipes can also be modified to add flavor or get more nutrients, such as fiber or protein. Encourage ShipShape participants to consider these healthy alternatives when cooking for the holidays and every day.

Primary Ingredient	Substitution	Health Benefit
Mayonnaise	Plain Greek nonfat yogurt	Reduces fat and saturated fat which protects the heart; increases protein which builds/repairs muscle
Oils, Shortening, or Lard	Applesauce or prune puree in baked goods; nonstick cooking spray for stir-frying or sautéing	Reduces fat, saturated fat, and cholesterol which prevents stroke and protects the heart; increases fiber which aids digestion
Whole Eggs	Egg whites or egg substitutes	Reduces calories, fat, saturated fat, sodium, and cholesterol which controls weight, protects the heart, and prevents stroke
Regular Ground Beef	Extra-lean ground beef such as ground round or ground turkey	Reduces calories, fat, saturated fat, and cholesterol which controls weight and protects the heart
Party Crackers	Saltine or soda crackers (choose lowest in sodium)	Reduces sodium which improves blood pressure
Sugar	Cut sugar in half, use vanilla extract for flavor	Reduces calories and sugar which controls weight

National Heart, Lung, and Blood Institute. Low-Calorie, Lower Fat Alternative Foods. http://www.nhlbi.nih.gov/health/educational/lose_wt/eat/shop_lcal_fat.htm. Accessed October 7, 2014.



Weight Management

One decade, one inch! New research recently discovered that American adult waistlines have increased an inch over the last decade. According to a recent study² in the Journal of the American Medical Association, waist circumference increased from 37.6 inches in 1999-2000 to 38.8 inches in 2011-2012. However, the extraordinary thing is that our overall body mass index (BMI) has stabilized. But why are waistlines expanding and BMIs staying the same? Researchers don't have a definitive answer but say it could be attributed to age, muscle loss, sleep deprivation, medications, or insufficient exercise.

² Earl Ford, M.D., Connie Diekman, R.E., M.Ed. Journal of the American Medical Association, September 17, 2014.



ShipShape Program News

- ▶ The new ShipShape website (<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/shipshape.aspx>) is live! Check the Coordinators and Facilitators page for new ShipShape facilitator qualifications, updated reporting guidance, the revised Roster and Reporting Form, and links to join the ShipShape facilitator group on milSuite.
- ▶ The ShipShape curriculum revisions are almost complete! All current ShipShape facilitators will be required to participate in a refresher training by 30 March 2015 to become familiar with the new session materials and program processes and maintain the ShipShape facilitator certification. The refresher training can be completed 1) via webinars scheduled in the beginning of December, 2) by completing an archived version of the training online, or 3) by attending the one-day course in person per the HPW training schedule. A new certificate will be issued to ShipShape facilitators that complete the training to renew their facilitator certification. Keep an eye out for follow-on emails with further details!



For more information, resources, and tools to support weight management, visit [HPW's Weight Management Web page](#).

ShipShape e-News is a publication of the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department. The publication provides the ShipShape community with information and resources that promote Mind, Body, Nutrition, and Weight Management. The content focuses on the fundamental components of the ShipShape program: mindset, nutrition, and physical activity. It also provides ShipShape facilitators with important program news and announcements and key dates and events.

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