



Marathon and Triathlon Training

FIT FACTS

[How to Train for a ½ Marathon](#)

[How to Train for a Marathon](#)

Mind / Body

FIT FACTS

Today's hectic lifestyle has left many people wondering how to manage the stress that comes along with it. Exercise not only helps manage weight, but it also helps increase longevity and quality of life; improve energy, strength, balance and coordination; and act as a potent pain reliever and antidepressant. The mind-body connection has become more and more apparent. With ancient and popular practices such as yoga – flexibility, strength and muscle tone improve quickly as the mind and body work together in harmony and unison.

[Reducing Workplace Stress](#)



MANAMA, Bahrain: A MWR Instructor teaches yoga during a health fair and aerobic-a-thon hosted by the Naval Branch Health Clinic and morale, welfare and recreation department at Naval Support Activity Bahrain. (U.S. Navy photo by Mass Communication Specialist 2nd Class Johansen Laurel)

Older Adult Fitness

FIT FACTS

[Fitness for Older Adults –
Frequently Asked Questions](#)