

FORGING THE FUTURE

LEADERSHIP, PARTNERSHIP, AND CHAMPIONSHIP

MARCH 9, 2012



FRIDAY FACTS

Revised Fleet & Marine Corps HRA (FMCHRA) Stand-alone CD Now Available!



The revised 2012 version of the FMCHRA stand-alone CD is now available for those Fleet commands that have limited internet connectivity to the online version of the tool. Information about how to obtain a copy of the revised CD can be found at: http://www.nmcphc.med.navy.mil/downloads/HRA/hra_Stand_Alone_HRA_CD.pdf

New Relaxation Toolkit Available on NMCPHC Website



The NMCPHC Health Promotion & Wellness Department has developed a new resource called the "Relax Relax" toolkit. This toolkit is a collection of widely used, evidence based relaxation techniques. The audio strategies range from the basics of breathing, imagery, muscle relaxation and meditation to more advanced and combination techniques and approaches related to relaxation. Using the resources found in the toolkit will help individuals improve their stress management coping skills and to stay in the "green zone". The selections may be used online or downloaded onto personal audio devices.

The "Relax Relax" toolkit may be found at:
http://www.nmcphc.med.navy.mil/Healthy_Living/relaxrelax/index.html

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March is National Nutrition Month®



March is National Nutrition Month® (NNM) and the theme is “*Get Your Plate in Shape*”. The key messages encourage consumers to make half their plates fruits and vegetables, make half their grains whole, switch to fat-free or low-fat milk, vary their protein choices, cut back on sodium and empty calories, enjoy their food but eat less and to be physically active every day.

Support National Nutrition Month® by using the ready-to-use materials in the March Navy HP Toolbox available at: http://www.nmcphc.med.navy.mil/Healthy_Living/Resources_Products/HP_Toolbox/toolbox_nutritionmonth.aspx You’ll find activity ideas, POD/POW Notes, the NNM poster and brochure and one-page handouts, as well as links to other nutrition resources.

Frontline Psych with Doc Bender: Good Nutrition Matters, Let Me Tell You Why

02/28/2012

Posted by Dr. James Bender, DCoE psychologist

Hello. Athletes looking for a performance edge, soldiers wanting to get through combat leadership training, people coping with mental health concerns, and those wanting an energy boost, can all benefit from the same thing: good nutrition.

Nutrition is important for everyone, not just people trying to lose weight. There’s a well-established link between nutrition and mental health. Neurotransmitters, chemicals inside the brain that are crucial for brain functioning, are derived from food. Also, there’s a relationship between nutrition and several psychological conditions like insomnia, depression and anxiety. This does not necessarily mean that poor nutrition causes these problems; it does mean the two are related. For example, while most obese people are not depressed, obesity is associated with higher levels of depression. Therefore, eating well is often a useful adjunct to mental health treatment.

Read more at: [<http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=342>]

That Guy Newsletter!



Want to get the latest updates from the That Guy campaign? Just read their newsletter, now available at: <http://thatguy.com/newsletter/march2012/index.php>

10 Rules of Engagement for Total Force Fitness

Looking for guidance on improving your performance? Take a look at the 10 Rules of Engagement (ROEs) for Total Force Fitness from the Human Performance Resource Center at:

<http://hprc-online.org/total-force-fitness/osok-files/ROEPDF.pdf>

