

FITNESS NEWS YOU CAN USE

New and improved fitness programs

MWR is constantly searching for new ways to enhance our fitness programming. We are pleased to inform you we have increased our fitness staff and therefore are able to offer many new services.

Each fitness center is now staffed by fitness assistants who are available to help you with all your fitness needs. The fitness assistants serve as instructors in each of the facilities to help demonstrate, assist, motivate, and supervise participants in the exercise setting.

One-on-One or group instruction on cardiovascular and strength training equipment is available by appointment. This includes information on the proper techniques for utilizing any of the cardiovascular machines, strength training machines, or free weight equipment.

Check out our fitness centers

each month for new workout routines, exercises, and recipes. Every month a new theme will be focused on to help you in adding variety to your workout regimen.

This information will be posted on our fitness informational boards located in each fitness center. Plenty of fitness and nutrition handouts are available on a daily basis too.

Our fitness assistants will also conduct monthly challenges in each facility. Bench press contests, one rep max contests, fitness trivia challenges, and much more will be offered and open to anyone who would like to participate.

Be on the lookout each month for something new. Please see your facility fitness assistant for more information or call Suzanne Giersch, fitness coordinator at 445-4739 or Lisa Rebich, fitness specialist at 836-1960.

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Running series...

Get out your running shoes and join us...

The 2001 5K running series is off to a great start. For those of you who haven't participated in one of our races, it's never too late to start. We'll have a race each month, except July, through the end of the year.

Our first annual Flag Day 5K and Healthfest will be held in June at NSA. Our final race of the summer will be the Naval Station Open 5K race on Saturday Aug. 4 at 8 a.m. The 4.97 mile course will take participants past the best the Navy has to offer: Atlantic Fleet ships, homes along Admiral's

Row, aircraft, and Willoughby Bay.

Our fall season kicks into full gear with the Run to Work Day 5K in September.

Points are accumulate quickly for runners who registered for our running series. Runners who have accumulated the most points will be recognized for their efforts at the end of the year. These points can be awarded for time improvement, race participation, first through third place in race division and runners finishing in the top 30 percent. Don't forget to check the block indicat-

ing running series on your registration form to ensure your points are tallied each race.

We would like to thank everyone for the enthusiastic participation in our events. We'd also like to welcome anyone who hasn't participated in one of our races yet.

All 5K events are free, including free refreshments and T-shirts to runners submitting registration forms on time according to regulations stated in the event flyer.

Good luck to everyone!

Fitness assessments & equipment orientation

Fitness assessments are available by appointment to determine your current fitness profile and help start you on your way to a healthy lifestyle.

Tests of cardiovascular fitness, muscular strength, flexibility, body composition, resting heart rate, and resting blood pressure are all important factors in determining an individual's overall fitness level.

Each test is administered during the assessment and the results are used to determine your fitness profile and to determine what exercise pro-

gram might be right for you.

Once you know what exercises you can do and what you should be doing, the next step is learning how to use the equipment.

Nearly 166 pieces of strength training equipment and 116 pieces of cardiovascular equipment are located at the four fitness facilities.

Knowing how to use the equipment properly is just as important as knowing what exercises you should and shouldn't do.

Equipment orientations are available for individuals or groups by

appointment. Orientations will take about an hour and cover either or both the cardiovascular and circuit training equipment.

Orientations will be held during non-peak times. Please call our fitness staff for more information and to schedule your appointment.



Weight management program

Did you know...

There are over 300,000 fast food restaurants in the U.S. alone?

More than 60 percent of American adults are not regularly active?

I'm sure we could all attest to the feelings of anxiety and stress we often feel. In this fast pace world it is easy to see why we don't always eat what or how we should, exercise

enough, and let stress take us over.

If ever you were looking for a class that incorporated how to cope with all of these issues, look no further. The Health Promotion Department of the Sewells Point Branch Medical Clinic, with assistance from MWR, have combined professionals in the medical, nutrition, exercise, behavior modification, and stress management fields to pro-

vide you with the best possible information on how to get back on track. Classes are five weeks in length and are held Wednesdays from noon to 1:30 p.m. at the McCormick Sports Center, Bldg. CEP-58. Sign ups are required for the class.

You may call Health Promotion at 445-1443 for more information or to register for class.

Group exercise classes

MWR offers a variety of group exercise classes. Step aerobics, low impact aerobics, kickboxing, and spinning are all offered.

These classes are great for individuals looking for cross-training exercise regimens or the camaraderie of group exercise training.

Enclosed in this brochure are times and locations for each group exercise class complete with class descriptions.

All participants are encouraged

to work at appropriate levels for maximum benefit. Consult your instructor or schedule a fitness assessment to determine your current fitness profile.

For more information on any of the group exercise classes please call 444-2276 or 445-4739.



Staff to help with incentive programs

MWR's fitness staff is here to help you get fit and stay fit for a lifetime while our incentive programs are designed to keep you motivated, try something new and keep you on your fitness regimen track.

There are cardiovascular challenges that focus on cross-training and another that challenges you to run the distance.

The new strength training incentive programs encourage everyone to

incorporate weight training in their exercise routine. Because these programs are updated periodically, it is a good idea to check on them for new information.

A complete list of rules and regulations for all of our programs are available at each fitness facility.

Our fitness assistants are available to answer all your questions and register you for any of the programs. Anyone who completes any one of the

challenges will receive one of a variety of prizes and have your photo placed on our Fitness "Wall of Fame."

Check each month to see who has completed the challenge. Get ready and get set to get fit!

For more information please call Suzanne Giersch, fitness coordinator, at 445-4739 or Lisa Rebich, NH-42 fitness specialist, at 836-1960.

Summer survival tips...

Summer is a wonderful time of year. Many of us take advantage of this time and start to head outdoors for our fitness activities.

This area is known for its heat and humidity so there are many important points to remember when performing activities outside during the hot summer months.

The following are key summer safety tips to help you enjoy your sum-

mer injury free...

- Wear lightweight clothing.
- Exercise during the coolest time of the day. This is usually early in the morning or late in the evening when the sun has gone down.
- Don't dehydrate. Water should be consumed prior to, during, and upon completion of exercise.
- Maintain a well-balanced diet.
- Pay close attention to the weather

forecasts. If necessary adjust your workout to move indoors where its cooler.

For more information on any of these summer safety tips or further advice on exercise in the heat please call 445-4739.

MWR hopes you have a safe and healthy summer.

Aquatics...Get into the swim of things!



Swimming is an excellent way to keep fit.

We invite you to take advantage of the many programs aquatics has to offer.

Lap swim hours, group swim, and aquacize classes are all part of the winter aquatic line-up. Aquacize and group swim classes are free to active duty and \$2 per class for DoD employees.

Aquacize and group swim classes are held at the X-73 pool.

Aquacize

Monday and Wednesday from 1600-1645.

Group swims

Tuesday and Thursday 4 to 4:45 p.m.
(government holidays are excluded).

Lap swim

- FRP-12
Monday thru Friday 6 to 8 a.m. and 11 a.m. to 6 p.m.
Saturdays 8 a.m. until noon.
Closed Sundays and holidays
- X-73
Monday thru Friday 11 a.m. to 1 p.m.

Combo swim

- X-73
Monday thru Friday 4 to 8 p.m.
Saturday 1 to 6 p.m.
Sunday and holidays 11 a.m. to 3 p.m.

For more information please call 444-2134.

MWR Athletic Division

MWR Department
9475 Bacon Ave.
Norfolk, VA 23511

Athletic Office
Phone: 444-2276
Fax: 444-9053

Facilities and hours of operations

Bldg. U-40 (inside Gate 3)	444-4031/0630
Monday to Friday	5:30 a.m. to 8 p.m.
Saturday and Sunday	10 a.m. to 4 p.m.
Bldg. N-24 (on Gilbert Street)	444-2276/444-0629
Monday to Friday	5:30 a.m. to 8 p.m.
Saturday and Sunday	9 a.m. to 4 p.m.
McCormick Sports Center, CEP-5B (inside Gate 5)	444-4016
Monday to Friday	5:30 a.m. to 10 p.m.
Saturday and Sunday	9 a.m. to 8 p.m.
NH-42 Fitness Center (on CINCLANTFLT Compound)	836-1960/836-1815
Monday to Friday	5:30 a.m. to 7 p.m.
Saturday and Sunday	11 a.m. to 4 p.m.
NH-30 Gym (on CINCLANTFLT Compound)	836-1915
Monday to Friday	5:30 a.m. to 7 p.m.
Saturday and Sunday	11 a.m. to 4 p.m.
Aquatics (Please call for locations)	444-2134

A wealth of information available in book form or the internet

With so much information available today on fitness, it's difficult to figure out who is telling the truth and which fitness fads you need to steer clear of. Interested in reading up on fitness facts on your own?

The athletic office at the N-24 Gym has many great fitness and nutrition books that are available to checkout. For more information on these books and how you can reserve one please call 444-2276.

Another valuable resource is the World Wide Web. However, you need to know the sites where you'll find the latest and greatest fitness tips. You'll find the following web sites beneficial as well as links to other fitness and nutrition sites:

Weight Control Information Network

<http://www.niddk.nih.gov>

Shape Up America

<http://www.shapeup.org>

Navy Environmental Health

<http://www.nehc.med.navy.mil>

Runner's World Online

<http://www.runnersworld.com>

American Council on Exercise

<http://www.acefitness.org>

Centers for Disease Control

<http://www.cdc.gov>

National Association for Health and Fitness

<http://www.physicalfitness.org>

American College of

Sports Medicine

<http://www.acsm.org>

Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic>

American Dietetic Association

<http://www.eatright.org>

American Heart Association

<http://www.americanheart.org>

Finally, area race information and registration forms are available at most of the fitness facilities for many of the upcoming local events.

For more information please call the fitness coordinator at 445-4739 or the athletic office at 444-2276.

