

The Dispatch

A Mark of Successful People

We have all set goals for ourselves and possibly for others, such as co-workers or teammates, but did the success of reaching those goals depend upon social influences? Even though we may not want to think of ourselves as sheep, often, that is the case. We follow the example of others.

Research shows that if we surround ourselves with positive influences, generally we do something positive too. Conversely, if we surround ourselves with negative influences, well you know the rest. The point is, reaching a goal is challenging; there are barriers that interfere with our attempt to progress. Establishing a social network that creates positive influences will positively affect our self-control and ultimately help

us make the best choices for a successful outcome. (VanDellen & Hoyle. 2010. *Personality and Social Psychology Bulletin*) Most of us have a common goal: reach and maintain a better level of health. So, does that mean in order to achieve that specific goal we need to surround ourselves with people that have this same goal? Not necessarily. In fact, research has demonstrated that when we see others use good self-control, in any context, we can be positively influenced to use good self-control, even in another context. A current example stems from the Vancouver Olympics. The impact of watching the dedicated athletes compete has positively influenced both

kids and adults to increase their own participation in sport and exercise. Olympic athletes are the epitome of an individual who demonstrates good self-control and not only has it influenced their success, but is also influenced the potential success of others. So, try an experiment of your own. Do you avoid eating sweets when you see others refraining? Do you notice if your neighbors do something to their homes after you have done something? If someone in the office gets in shape, do others follow? Whether we like it or not we influence others and they influence us. Successful individuals always find a way to influence their surroundings to be successful too.

April 2010

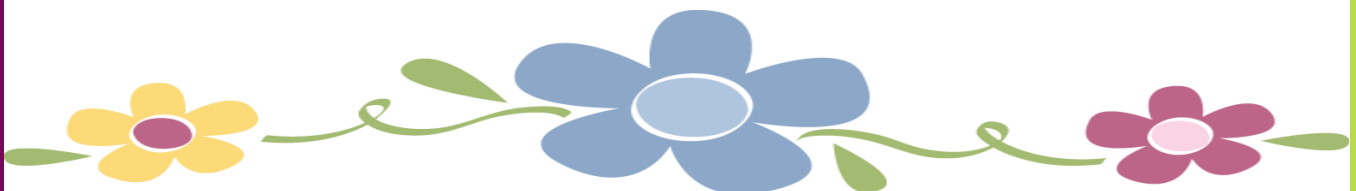
Volume 2, Issue 4

Special points of interest:

- Check out *SHAPE Evaluation Results*, pg 3.
- How much water should you drink? See pg 2
- New Core Exercise to add to your routine on pg 2.
- *SHAPE Group Exercise Schedule and Upcoming Events*, pg 4.

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Nutrition Tip: Is Water a Nutrient?



A. Yes, water is needed by the human body to maintain life; within 72 hours without this vital nutrient death will occur.

Q. Is it true that over half of the human body is composed of water?

A. Yes, as a matter of fact, approximately 2/3 of the body is water.

Q. Is it also true I could dehydrate within only a few hours?

A. Yes, depending on the food or medicine you take, the climate, and your activity level, dehydration can take place within only a few hours.

Q. What is the recommended amount of water to drink?

A. The body on average loses 2 quarts of liquid per day through normal activities such as breathing, urine, stool, and sweat. As mentioned previously, there are outside influences that can increase the rate of water loss. In addition to filtration of waste, water also contributes to the lubrication of joints, cushion of body organs, metabolic processes, and delivery of nutrients to each and every cell via the blood stream. At minimum we should drink at least 2 quarts of liquid. (Juices and drinks count, but can contribute to unwanted calories.) If climate or activities increase water evaporation, you may wish to consider drinking much more. Exercise experts suggest as much as half your body weight in fl. oz. Example: If you weigh 160 lbs. you should drink 80 fl. oz. of liquid.

Exercise of the Month: Stability Ball Crunch

Preparation :

- Slowly roll down the ball until your shoulders are comfortably supported by the ball. Place both feet STRAIGHT AHEAD.
- Place hands behind the ears, supporting the weight of your head, keep elbows pointing to the side.
- Do Not Pull on your head/neck!
- Keep hips lifted throughout movement
- The chin should be tucked toward the chest throughout the movement.



Thanks San Diego, for providing the pics and exercise.



Movement :

- Draw your navel inward toward your spine before initiating the movement.
- While maintaining the drawn-in maneuver, lift your torso up toward the ceiling, flexing (rounding) through the spine.
- Slowly lower your torso back to the starting position, resisting the downward movement.

How Are You “SHAPING-UP”?

Overall I would rate my SHAPE Experience as....

- 88.8% Rank SHAPE as ‘Excellent’
- 9% Rank as ‘Good’
- 2.2% no response

Trainer outlined effective goals...

- 98.9% Yes (1.1% no response)

Recommend the program...

- 98.9% Yes (1.1% no response)

Impacted your work productivity...

- 82.4% Yes 13.2% No

Out of 78 SHAPE Participants who pre- and post-tested.

- VO2 increased by 4.03 ml/kg/min.
- Strength increased by 3.91 lbs.
- Flexibility increased by 1.44 inches.
- Body Mass Index decreased by 1.5 pts.
- Body Age decreased by 2.91 years.
- Systolic Blood Pressure dropped by 3.96 ml.



Everyone who post-tested improved on all tests!

In order to provide you with the best programming, we asked for your feedback. Here is what some of you said...

“Goals were adjusted (by Brady) to accommodate my health problems but at the same time give me a reachable goal each session thus motivating me.”

“I was amazed at some of the new exercises and stretches (Theresa) taught me. The IT band stretches were amazing and I felt the difference and now incorporate them into my routine.”

“Initially I wanted to run a marathon and Chasen targeted exercises that built the strength to support my running regiment. I completed my first marathon in Dec 2009, finishing in 3:44.”

“My personal fitness was set up (by Erin) for what areas I wanted, to lose weight, and then changed to what my doctors needed me to do to get better.”

“Brad overshoot my objectives and expectations! He’s professional, organized, and knowledgeable. I am lucky to have found him and gotten on board with the program!”

“(Heather) took the time to learn what my individual goals were then drew up workouts targeted for those areas first as well as an all around fitness plan. She also wrote out programs for me to do on the weekends.”



We at SHAPE say Thank you!

Stay Healthy • Stay Fit • Stay Navy!

Norfolk, VA



Group Exercise Schedule

Day	Event	Location	Time
Mon	0615-0700 1130-1230	Cycling Circuit Training	Call 757-443-6115 For locations of Group Exercise classes in Norfolk, VA
Tues	0615-0700 1130-1145 1145-1230	Core Core Cycling	
Wed	0615-0700 1130-1230	Cycling Circuit Training	
Thurs	0615-0700 1130-1145 1145-1230	Core Core Cycling	

Upcoming Events

Date	Event	Location
4/1	Fools Rush In 5k	Dam Neck Annex
4/3	Monarch 5k & Adventure Race	Old Dominion Univ. Student Rec. Center
4/7	Lit for Life 5k	NNSY
4/10	VBARSV Live By Example 5k Rescue Run/1 mile fun run	VA Beach Oceanfront 24th/Boardwalk/Park
4/10	East Beach Chesapeake Bay 10k and Kid's Mile	Bay Front Club at East Beach
4/16	Clean the Base 5k	NAS Oceana
4/17	4th Annual Dismal Swamp Stomp Half Marathon	Dismal Swamp Canal Trail off Route 17
4/24	Wounded Warrior Project 5k, 10k, and Fun run	Fort Monroe 490 Fenwick RD
4/24	2nd Annual Alzheimer's Association Run/Walk to Remember	Neptune's Park at 31st Virginia Beach
4/25	Step Up for The Up Center	Dominion Tower

Group Exercise Schedule

Day	Time	Class	Location
Mon	1130-1215	Electric Cardio	PRT Room @ Bloch Arena
Tues	1130-1215 1600-1645	Strength Wild Card	Aerobic Room @ Bloch Arena Makalapa Gym
Wed	1130-1215	Boot Camp	Ward Field @ Bloch Arena
Thurs	1130-1200 1200-1215 1400-1445	Wild Card Stretch Boot Camp	Aerobic Room @ Bloch Arena Aerobic Room @ Bloch Arena Makalapa Gym
Friday	1130-1215	Cycling (RPM)	Aerobic Room at Bloch Arena

Pearl Harbor, HI



Upcoming Events

Date	Event	Time	Contact
4/3	Ford Island Bridge Run 10k	7am	473-0785
4/10	Kalaheo Graduation Project 5k	7am	589-6695
4/10	Ocean Warrior Family Run 5k	7am	237-7757
4/10	The Beast 10k	7am	mccshawaii.com
4/11	Top of Tantalus 7 miles	7am	hurthawaii.com
4/11	MCBH Criterium #3	3pm	momentumhi.com
4/18	Lankikai Triathlon Sprint	615am	bocahawaii.com
4/25	Dash and Splash Biathlon 3m/800m	7 am	864-0392
4/25	Haleiwa Century Ride 100km	730am	hbl.org

San Diego, CA

NAVY REGION, SOUTHWEST
morale, welfare & recreation



Group Exercise Schedule

Day	Time	Class	Location
Mon	0600-0630	Strictly Strength	Call 619-556-7897
Tues	1230-1300	Muscle Hustle	for locations
Wed	0600-0630	Get on the Ball	of Group Ex. classes
Friday	0600-0630	Wild Card	in San Diego, CA