



# The Dispatch



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## WHAT'S YOUR BODY INTELLIGENCE?

You may be familiar with the Polar Body Age assessment and may have had your Body Age assessed. If so, then you know Polar Body Age utilizes a seated VO<sub>2</sub>, muscular strength, flexibility and body composition assessment to determine your Body Age, or biological age based on the assessed health parameters. It's a motivating feeling to learn your Body Age is 40 when your chronological age is 45! However, does the Polar Body Age tell us all we should know about our health? For instance, do you know what your Body Intelligence is? Body intelligence is similar to the concept of spatial or kinesthetic intelligence, but relies on some critically important pillars, awareness, knowledge and engagement.

Awareness is the pillar that tells us if something is right or wrong. Consider the weekend warrior. After many years of playing a weekly pick-up game with friends, suddenly the aches and pains are more prevalent and tend to persist. Someone with good awareness would recognize this and attempt to find a solution, whereas someone with poor awareness would ignore the signs and continue on without addressing or attempting to correct the issue. SHAPE participant, Pete Morford is a good example of just this phenomenon. Pete enjoyed playing golf, but generally experienced pain or discomfort from playing. After spending some time working with SHAPE Fitness Specialists, Brady Singleton (San Diego) and Theresa Collison (Norfolk),

Pete can now play a round of golf pain-free! Pete recognized that he needed an individualized exercise program designed to address his needs and continued with SHAPE training when he relocated to Norfolk. His SHAPE program has not only improved his musculoskeletal health, it has also improved his first pillar of body intelligence, awareness.

The second pillar is knowledge. You may have good awareness, such as Pete, but perhaps you do not know what to do with the information. For example, most of us have the general knowledge to drink plenty of water each day, hydrate prior to and during exercise. However, how often do we adhere to the recommendations?

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## A BALANCING ACT: TRAINING FOR ACTIVITIES OF DAILY LIVING

When designing an conditioning program, most people focus on the three health-related components of fitness: cardiovascular fitness, muscle strength and endurance, and flexibility. While these are important components to a well-designed program, one key area is missing - balance training.

Balance is a process to control the body's center of gravity (COG) with respect to the base of support, whether it is stationary or moving (Rose, 2003). There are two types of balance. Static Balance is the ability to control postural sway during quiet standing (when we are not moving). Dynamic balance is

the ability to react to changes in the body's stability and anticipate changes as the body moves (ex: staying balanced while walking or stepping over an object).

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## WHAT'S YOUR BODY INTELLIGENCE?

(CONTINUED FROM PAGE 1)

### Improve your Body Intelligence:

Be able to recognize changes in health/fitness? Associate changes to something in particular?

Know what to do if you sense something has changed?

Have a plan to stay healthy & active?

Thus, you may know water intake recommendations, but you are unable to consistently apply the knowledge and drink the amount you need.

The last or third pillar is engagement. We are familiar with social engagement in which you are regularly participating in activities that provide social interaction or engagement. Within the body intelligence paradigm, engagement refers to how well you adhere or stick to healthy behaviors. Essentially, engagement is a demonstration of your behavior to repeatedly do what is best for your body, ie, maintain a regular exercise schedule, keep yearly appointments for check-ups, drink plenty of water. Ask yourself the following questions in order to learn more about your health and ultimately increase your body intelligence.

### Awareness:

When does your body feel good/not good?

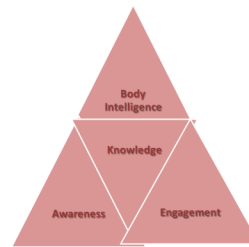
How do you know if something is wrong with your body?

### Knowledge:

What do you think you need to know to take good care of your body?

Do you have good patterns of health check-ups? Physicals, dental exam?

What do you consider a healthy diet?



### Engagement:

What is your plan for taking care of your body?

What does it take to make an exercise program something you will stick to?

Do you get appropriate amounts of sleep?

From the information you gain from asking yourself these questions, you should then focus on improving the areas in need. If your awareness pillar is deficient, ie, you ignore aches and pains and do not attempt to consider what the cause is or fix the cause, then you should take steps to improve this pillar. Listen to your body! Do 'body scans' – relax and sense if there is something wrong. To improve your knowledge pillar, find reliable resources for health information and seek professional opinions from physicians or fitness professionals. As for improving the engagement pillar, learn how to stick to your healthy habits. As this can be challenging, find sources of accountability such as a SHAPE Fitness Specialist, a good friend or begin journaling. These steps will ensure that you can have someone or something to help you stay on track and give you support and feedback when necessary.

Theresa Collison, Fitness Specialist in Norfolk with client Pete Morford!

## A BALANCING ACT: TRAINING FOR ACTIVITIES OF DAILY LIVING (CONTINUED FROM PAGE 1)

The visual system, the vestibular system, and the somatosensory system work in conjunction to control our balance. Our visual system gives us information about the environment. The vestibular system (found in the inner ear) provides information regarding postural changes of the head and body. The somatosensory system monitors the body's

position in space and in relation to the surrounding environment.

Try this learning experiment: To demonstrate that your visual system helps to control your balance, stand up and balance on one foot. After maintaining your balance for a few seconds close your eyes and slowly count to 10. To demonstrate the power of the vestibular sys-

tem stand on one foot again. Once you get your balance (keep your eyes open) and shake your head "no" 10 times. You may find yourself a little dizzy – this is normal! It will take the fluid in your inner ear a few seconds to stabilize.

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## A BALANCING ACT: TRAINING FOR ACTIVITIES OF DAILY LIVING

You may have heard a SHAPE Fitness Specialists talk about Functional Training. Functional Training prepares your body for movements you execute throughout your day. For example, a SHAPE Fitness Specialist may have you squat with a weighted ball and then press the ball over your head. This replicates picking something up off the floor and putting it away on a shelf. Balance training is extremely functional. Whether you realize it or not – you are constantly balancing; walking is a balancing act!

As we age our ability to balance typically decreases due to a number of factors. The visual and vestibular systems be-

gin to decline, there is a decrease in muscle strength, flexibility and reaction time as we age. Therefore, it is important to be pro-active by improving and maintaining the ability to balance. The best part is - it is never too late to start!

Improve balance skills by incorporating the following exercise, Squat to single-leg balance.

### Level One

- Stand with feet hip width apart, weight in heels
- Sit back as if you are sitting into a chair
- Power through your heels, stand to a single-leg

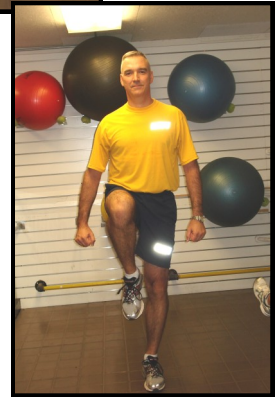
balance

### Level Two

- Stand with one foot on BOSU and one foot on the floor, feet a little wider than hip-width apart
- Sit back as if you are sitting into a chair
- Power through your heels and stand to a single-leg balance on-top of the BOSU (you can tap the toe on the BOSU or once you feel confident lift the leg completely to balance on the BOSU Ball).



When performing all exercises, keep abdominals engaged and shoulder blades pulled inward and downward!



Perform 2-3 sets, 12-15 repetitions

## QUIZ YOUR BALANCE IQ

1. What are the three main systems that help humans maintain our postural stability/balance?

a. The visual system, the vestibular system, and the somatosensory system

c. The visual system, muscular strength, and the vestibular system

d. The visual system, the somatosensory system, and muscular strength

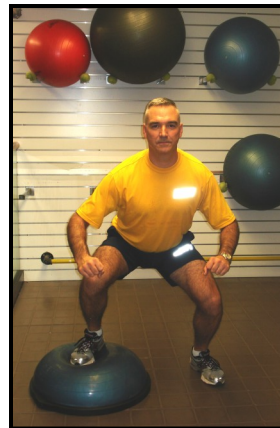
d. The visual system, the body's center of gravity, and muscular strength

2. True or False - One hundred years ago 4% of the population was over 65 years old.

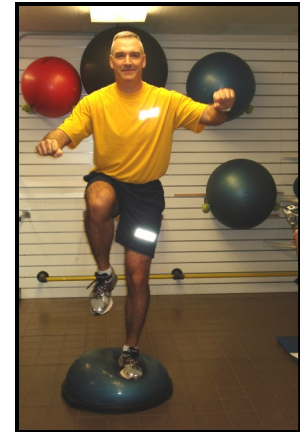
3. True or False - By 2030 approximately 20% of the population will be 65 years old.

4. True or False - 35% of adults over 65 will experience one fall per year.

Answers:  
1. a  
2. True  
3. True  
4. False—45% will



Thanks Leah Okner, MS, Fitness Specialist in Pearl Harbor for contributing the Balance article, quiz and exercise!



## COLD & FLU MYTHS DE-BUNKED

Were Mom's 'Wives' Tales right? Not so much. Most of Mom's motherly advise to keep us healthy weren't exact. Feel free to tell your own Mom she was wrong. Here are the Myths and the Facts:

1. **Myth:** Going out-in-the-cold with wet hair will make you sick.

**Fact:** Exposure to viruses cause a cold or flu

2. **Myth:** Starve a fever, feed a cold.

**Fact:** Fevers increase your metabolism, thus, you need more energy, eat healthy, nutritious foods to supply nutrients to help support your immune system.

3. **Myth:** You lose most of your body heat through your head.

**Fact:** You lose about 10% of body heat through your head,

which is proportional the surface area and relative to that area.

4. **Myth:** Rest, don't exercise when you have cold.

**Fact:** You do need rest, but a little exercise may actually make you feel better. Keep it to low to moderate intensity, just some movement to increase your mood.

Here are some tips to keep you smiling this cold season:



- Wash your hands
- Sneeze into the crease of your elbow
- Get plenty of sleep and water



Be well this cold & flu season!

# Stay Healthy ♦ Stay Fit ♦ Stay Navy

## Pearl Harbor , HI

Day	Time	Class	Location
Mon	1130-1215	Boot Camp/Outdoor Conditioning	Ward Field @ Bloch Arena
Tues	1130-1215	Strength	Aerobic Room @ Bloch Arena
	1600-1645	Wild Card	Makalapa Gym
Wed	0700-0745	NOFFS	Aerobic Room@ Bloch Arena
	1130-1215	Boot Camp/Outdoor Conditioning	Ward Field @ Bloch Arena
Thurs	1130-1215	NOFFS	Aerobic Room @ Bloch Arena
	1400-1445	Boot Camp	Makalapa Gym
Friday	1130-1215	Cycle Fit	Aerobic Room at Bloch Arena



## San Diego , CA

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
Wed	1500-1530	Total Body Strength	in San Diego
Friday	0600-0630	Wild Card	

## Norfolk , VA

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



## UPCOMING EVENTS

### Pearl Harbor:

12/04 Christmas Biathlon 5K Run & 1K Swim (Biathlon Series)  
 12/05 SAM's 5K Road Run  
 12/05 XTerra World Championships Trail Run  
 12/12 Honolulu Marathon and Race Day Walk  
 12/16 Free Fitness Evaluation and Consultation w/ Emily Boll  
 12/19 Homeward Bound 5K Run/Walk

Ala Moana Beach Park hawaiiiswim.com  
 Kapiolani Park 808-295-6777; mprrc.com  
 Kaawa Valley xterratrailrun.com  
 Ala Moana Beach Park honolulumarathon.org  
 Running Room 808-206-1896  
 Manoa Valley District Park  
 homewardbound5k.blogspot.com

### San Diego:

12/04 - NBSD Family Holiday Party

Adm. Robinson Recreation Center

### Norfolk:

12/08 - Reindeer Run 5K  
 12/11 - Army/Navy 10K Challenge

JEB West (Little Creek)  
 JEB East (Fort Story)

