Volume 2, Issue 11

November

Happy Thanksgiving from the SHAPE staff! May your holiday be full of blessings!

LET US GIVE THANKS

The Dispatch

Building Healthy Communities

Achieving optimal health is essential in order to perform successfully in activities of daily life, work and recreation. This is a struggle for many of us. In order to address this growing issue, health professionals have resorted to policies and guidelines to direct behavior towards getting people physically active and subsequently improving their health. For the U. S. Navy, the PRT is an example of a policy that has been implemented to encourage active duty men and women to stay fit and be ready to serve. Another policy example is the seat belt law. Seat belts were rarely worn until it became a law to do so. We need to recast physical activity and health as behavioral and environmental conditions as opposed to primarily medical conditions that bear personal responsibility for changing. How do we promote change in our communities that would move us more and create healthier communities in general?

Recently, health professionals have broadened their focus towards creating environments that are more conducive to active, healthier living. In 2008, the Robert Wood Johnson Foundation established the Commission to Build a Healthier America. Consisting of individuals from labor, education, community development, healthcare services as well as public policy, the group set-out to find solutions for improving America's health. After reviewing America's current health status and health initiatives, the commission determined that to achieve optimal health it would require a

'national commitment' that incorporated health in all aspects of society, thus, creating opportunities for healthier choices that include; better options for eating, more opportunities for physical activity as well as healthier homes, schools and communities. This approach requires effort to develop a healthier infrastructure, and requires individuals to make better choices. The Navy has the opportunity to follow suit and evaluate the options on base that improve health and wellness beyond fitness facilities.

Essentially, the choices that lead to a healthier community start with the individual in the home, in schools and in the workplace; but the options must be in place. Therefore, developing an infrastructure that supports better options is an ideal pathway that would lead to an attainable goal of optimal health. The implementation of a healthy community is a concept that initially emerged from the World Health Organization and consists of establishing the 'prerequisites for health' such as education, food, income, a stable ecosystem and sustainable resources and enables individuals to have more control of their health with health being defined as a 'resource for everyday life'; this is in contrast to the traditional medical-based system of waiting to treat illness after it develops. This concept has been adopted in communities throughout the country and consists of:

Continued on pg. 3

Inside this issue:

Building Healthy Communities	1, 3
Exercise of the Month: TRX Suspension Training	2
Better Sleep, Better Health	3
SHAPE Group Exercise Class Schedule	4
Upcoming Events	4

TRX Suspension Training: Take your workout to the next level!

Not familiar with the TRX Suspension Trainer? Then direct your attention to another great way to add variety to your workout programming…..it's called TRX training. TRX is gaining popularity in the military community as a means of performance and endurance training. Developed by Randy Hetrick, a Navy SEAL, in order for he and his teammates to stay in peak condition without conventional equipment and limited space, TRX utilizes body weight and gravity as resistance and allows for progressive overloading. TRX Suspension Training is a form of destabilization training, and the benefits include improved core strength, balance, flexibility, and most importantly, neuromuscular response. TRX distinguishes itself from other destabilizing formats, i.e. Stability Balls or BOSU Trainers, by suspending either the user's hands or feet from an anchor point while the opposite end of the body is in contact with the ground. Additionally, the portability of TRX is also one of its distinguishing and perhaps most useful features, especially for the military, allowing active duty personnel to continue with training while deployed because you can suspend the TRX equipment from any stable anchor point. For instance, even a tree branch can be used, as long as the anchor point is 7-9 feet high and strong enough to support your bodyweight.

Thanks
Theresa Collison
SHAPE Fitness Specialist
JFSC - Norfolk, VA

How does it work?

When a body is suspended from an overhead anchor point, the center of gravity seeks the lowest point to the ground. The center of gravity on the human body is located just above the hips along the midline or center of the body, essentially around the navel. Thus TRX creates the challenge of shifting body positions that must foremost be stabilized by the deep core or stabilizing muscles. Then, depending on the focus and the position, other major muscle groups and their supporting muscles must perform the movement. Thus, any exercise becomes much more comprehensive and functional by necessitating constant stabilization.

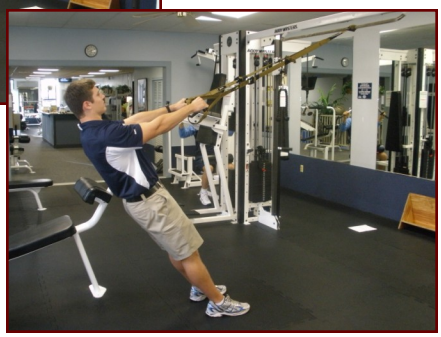
The TRX is appropriate for any fitness level, as the body positions can be modified to allow for gradual improvements in strength, proprioception and coordination as well as facilitating increased explosiveness and agility. TRX can be used alone to increase strength or incorporated into a cross-training program to enhance performance of a specific sport. The SHAPE Fitness Specialists have found TRX most useful by including it as part of a more complete conditioning program; providing variety that addresses both boredom and challenging the body to work in a different way.

As with any new fitness program, it is most beneficial to have some assistance in deciding which exercises are most appropriate for you and receive feedback in which position to perform the movements. For more information on TRX, ask your SHAPE Fitness Specialist to assist you with a TRX Suspension Trainer workout!

Low Pull

Set-up:
adjust cambuckles to a short length
Stand facing the TRX

- Hold onto both handles. Pull the shoulders down and back, bend your elbows with palms facing in and the hands beside the chest.
- Lower your body down/walk the feet forward until the arms are fully extended and you feel appropriate bodyweight is being leveraged. Maintain a strong, plank position
- Pull your body toward the anchor point by driving elbows back along side the body



"Y" Deltoid

Set-up:
adjust cambuckles to a mid length
Stand facing the TRX

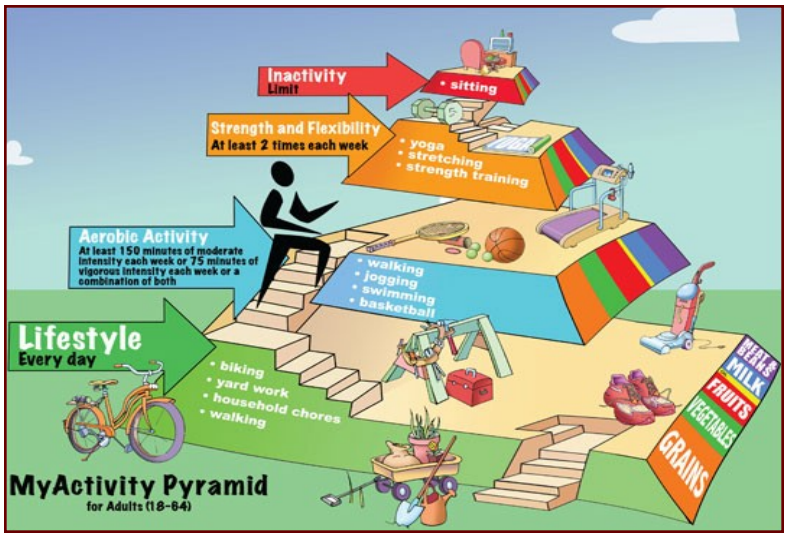
- Extend the arms overhead in a "Y" position with palms forward. Keep tension on the TRX and offset your feet with one foot in front of the other.
- Lower the body down while keeping elbows extended, and maintain a strong, plank.
- With straight arms, drive the knuckles up and return to "Y" position , lifting chest and keeping eyes directed at anchor point

Building Healthy Communities…

- Increasing access for physical activity; more parks, less automobile usage
- Reducing injury and encouraging functional movements
- Increasing access to healthy food
- Improving air and water quality
- Minimizing the effects of climate change
- Decreasing mental health stresses
- Strengthening the social fabric of a community
- Providing fair access to livelihood, education, and resources

We need to ask ourselves if our modern world's infrastructure has robbed us of the many components that our lives need such as movement, social engagement and green space. Have technology and automation created an environment not fitting for what our bodies have evolved to do? If so, how can we correct it? Many communities have taken the initiative and approached this issue with proven solutions. For instance, abandoned railways have been converted into people trails. Often referred to as Rails to Trails, these public access walking/biking trails have created safe and convenient opportunities for community residents to incorporate more physical activity into their lives while also establishing a framework for the social fabric that many communities have lost. As policy and guidelines have been established with good intentions, good intentions do not necessarily lead to movement and health – access, facilities and opportunities do.

The U.S. Navy can join this movement. Most bases include recreation space, and access to fitness centers as well as MWR sponsored recreation and social events. Navy fitness programs not only help to create opportunities for activity but also establish the social fabric that is at the heart of survival for a healthy community. When social frameworks are established and maintained, individuals become a part of a community, and consequently become engaged with others and self. What additional ways can the Navy bases change the infrastructure to be more conducive to positive health? More trails on base? More social outings for families? More green space to recreate in? More family sponsored activities that involve movement? More playgrounds built on base? Improving health and consequently healthcare may be better addressed by starting in our own 'built' backyards and looking at health from a community rather than an individual approach The foundation of the Health and Human Service's Pyramid for Enhancing Physical Activity is lifestyle activity (see pyramid on this page) Creating more movement opportunities in our workplace, home, schools, and communities will allow all of us more lifestyle activity opportunities that enhance the health and wellness of the entire Navy family.



Better sleep, better health

Getting a good night's sleep not only helps you think and feel better it can also improve health-related measures. Individuals with less sleep tend to have a higher body mass index, increased risk of hypertension as well as an increased risk of catching a cold. To decrease the risk of these and other issues, you should plan on 7 – 8 hours quality of sleep per night. Checkout some tips that may help:

Tips to improve quantity and quality of sleep:

- Maintain a regular sleeping, waking and exercise schedule
- Eat a dinner with moderate carbohydrates and some tryptophan-containing protein and some calcium (don't eat too big of a meal too close to bedtime)
- Exercising outdoors
- Avoid caffeine after lunchtime
- "Wind down" before bed; read, listen to relaxing music

Stay Healthy ♦ Stay Fit ♦ Stay Navy

Pearl Harbor , HI

Day	Time	Class	Location
Mon	1130-1215	Bootcamp/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
Friday	0600-0630	Wild Card	in San Diego, CA

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	
	1130-1145	Core	

Upcoming Events

San Diego:

11/3 - NBSD Basketball Free Throw/3 Point Contest (FREE)		619-556-7444
11/15 - 19 - Holiday Sports Week '10 Softball/Basketball/Flag Football (FREE)	NBSD	619-556-7444
11/10 - Veterans Day 2 Mile Run/1 Mile Walk (FREE T-Shirt)	NBSD	619-556-7444

Norfolk:

11/3 - Back in Time 5K	Dam Neck Annex	
11/6 - Race for Breath 5K	Virginia Beach	
11/6 - Town Center 5K	Virginia Beach	757-962-3778
11/13 - Making Difference 5 mile Run and 2 mile Walk	Newport News	757-285-6645
11/14 - Allanton 1 mile	Virginia Beach	757-385-6645
11/18 - Turkey Trot 5k	NSA Norfolk	
11/20 - Project Athena Run Series	Virginia Beach	404-644-4439
11//25 - Turkey Trot 10K & 1 mile	Virginia Beach	757-495-3551
11/25 - Toy for Tots 5K & 10K	Newport News	757-784-0960

Pearl Harbor:

11/07	Val Nolasco Half Marathon Marathon Readiness Series Race 5-of-5	Kapiolani Park	808-295-6777 mprrc.com
11/07	MCAS Tradewind Triathlon	Kaneohe MCBH	mccshawaii.com/cgfit.htm online
11/13	Nuuanu YMCA Turkey Swim 1 & 2km	Ala Moana Beach	808-536-3556
11/13	US Vets Patriots Walk/run 5K	Waterfront at Puuloa	808-682-0111
11/14	Friends of Kailua High School 5 & 10K Road Race	Kailua High School	808-223-5750
11/14	Senior Olympics 10k Road Race	Kapiolani Park	808-295-6777 mprrc.com
11/18	FREE Fitness Evaluation and Consultation w/ Emily Boll	Running Room	RSVP: 808-206-1896
11/25	Turkey Trot Predict-Your-Time 10 mile Road Run	Kapiolani Park	honolulumarathonclinic.org