



SHAPE Continues to Pump It Up!

The adoption of regular physical activity is quite challenging for us all regardless of how committed we are to sticking to our daily workouts. Therefore, Navy Fitness is continuing to provide SHAPE to active duty personnel 40yrs+. Essentially, SHAPE has adhered to the mission and vision that was initially established for the program.

Mission: The SHAPE program will educate and motivate senior personnel -over the age of 40 to achieve long-lasting health through permanent behavior change.

Organizations such as the American College of Sports Medicine (ACSM) and Health and Human Services (HHS) have published position statements and guidelines outlining recommendations for physical activity, unfortunately, all these guidelines are not enough to keep us moving. In addition, the for-profit fitness industry continues to cultivate a work environment for personal trainers that focus on selling personal training packages as opposed to encouraging independent exercise. A recent policy statement from the American Heart Association (Mercedes Carnethon, L. et al, 2009) on worksite wellness programs revealed that the *Healthy People 2010* goal is for 75% of all worksites, regardless

of size, to develop comprehensive wellness programming. We applaud Navy Fitness for continuing SHAPE and setting the worksite fitness standard on the importance of offering this service to active duty personnel 40yrs+. In addition this program is employing enthusiastic Fitness Specialists who have studied the delivery of effective fitness programs. Jackie Braspenninx, SHAPE Fitness Specialist in San Diego comments that what she appreciates most of her new job is she no longer has to be so focused on making sales quotas as she did when she worked in the private sector. She can now dedicate her time to giving back to her participants the passion for fitness she embraces. Theresa Collison, SHAPE

Our vision is for the over 40 Navy community to achieve improved physical fitness by providing a world class program that meets the individual needs of each participant.

Fitness Specialist, Norfolk, has grown as a fitness professional by working with SHAPE participants who she feels have given to her (by serving our country) without her realizing it until she worked with active duty men and women and witnessed first hand their sacrifices.

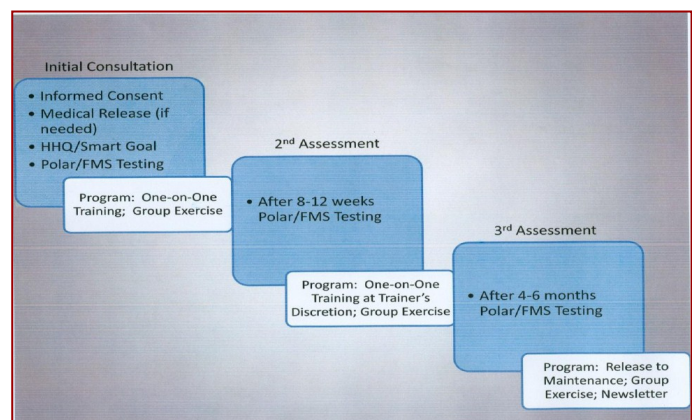
As important as it is for us to know *WHY* we should exercise, it is equally important for us to know *HOW*, *WHEN* and *WHERE* to exercise, three criti-

cal components which are not covered in the ACSM or HHS position statements and guidelines. Navy Fitness has been addressing the, how, when and where with the installation of SHAPE. Providing SHAPE at three sites, Norfolk, Pearl Harbor and San Diego, SHAPE utilizes trainers with degrees in a fitness-related field to gain experience and fulfill their dreams of helping others. SHAPE is structured to assess, educate and motivate you to adopt healthy behaviors for a lifetime. In order to serve as many participants as possible, SHAPE will provide you with an 8-12 week training program that begins with a Fitness Specialist reviewing your health history, determining goals and assessing health-related components of fitness such as aerobic capacity, strength and flexibility. You will then work one-on-one with a Fitness Specialist, evaluating progress along the way. You will also be encouraged to participate in group exercise programs specifically designed to meet your needs....

Inside this issue:

Nutrition Tip: Sleep?	2
SHAPE Staff Gear Up to Improve Service to the US Navy	2
SHAPE Continues...	3
Command Performance...a SHAPE Testimonial	3
SHAPE Group Exercise Schedule & Upcoming Events	4

...Continued on pg 3



Nutrition Tip: Sleep?

Tuesday evening 1700 hours: You are staring at your computer screen having already worked an intense day for the second day in a row. You are to report to your commander tomorrow morning 0700 for an off base training and a 4 hour drive. You're the team leader for an aircraft engine repair squad and you've just pushed your team to finish a final project before reporting for the training in the morning, but the paperwork still must be filed on the engine repair. Do you...

- Stop to get something to eat?
- Get something fast in order to get back to the computer to finish?
- Bring a burger with you and eat in front of the computer while you work?

You still need to pack for the 2 week training with a family anxiously waiting for

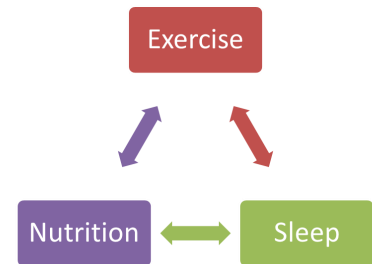
you at home.

With high demands like this, a balanced diet more often than not takes a back seat. Additionally, long hours tend to reduce the required amount of sleep all of us need and further contribute to poor dietary intake. A recent study published in The American Journal of Clinical Nutrition found that one night of reduced sleep will increase food intake on an average of 500+ calories the following day. The study further demonstrated that men (only men participated in the study) who had four hours of sleep as opposed to men with 8 hours of sleep reported higher feelings of hunger before breakfast and dinner.

Hopefully this scenario is an anomaly in one's daily routine which a consistent workout regimen will easily balance out. If, however, little sleep either by choice or

because of high demands is the norm, it becomes much more difficult to balance the extra calories.

Eating right requires balance in all aspects of life. Many people seek out the quick solutions for weight control with this fad diet or that one, and now even surgical procedures. Yet, wellness remains a constant balance.



Yes, the nutrition tip for this month is sleep. Adequate sleep can help you maintain a healthy weight.

SHAPE Staff Gear Up To Improve Service to the US Navy

SHAPE Training San Diego July 2010



Left: SHAPE staff tour USS Makin Island to gain a better feel for at sea facilities.

Below: Leah Okner performs FMS testing after training in San Diego.



Above & Right: All SHAPE staff ready for a NOFFS workout.

SHAPE Continues...

Group Exercise programs such as Indoor Group Cycling, Group Strength, NOFFS, and Core Conditioning classes offer additional training opportunities as well as encouragement to cross-train by incorporating a variety of movement into your routine. At the end of the 8-12 week program you will have a re-assessment and be encouraged to continue with SHAPE by attending Group Exercise programs and attending periodic one-on-one check-ins to ensure appropriate program maintenance is continued. The overall goal of SHAPE is to provide you with education, motivation, and accountability so you can learn to become life-long, regular exercisers on your own.

In order to continue to provide SHAPE participants with optimum programming, we are collecting information for Navy Fitness to help us track the participant's

success. Below are statistics from our first two years:

- The average mean age of SHAPE participants was 45 years old.
- 296 participants were pre/post tested
- Body age went from an average initial age of 45.04 to 42.12 year
- 7% decrease in body age on average for all participants.
- VO2 increased by 11%.
- Strength increased by 8%.
- Flexibility increased by 4%
- Systolic BP dropped by 3%

A new program addition for this year is the Functional Movement Screening. We are excited to offer new programming and are anxious to see how you improve on these screenings as well. If you have not participated in a Functional Movement Screening, talk to your local SHAPE Fitness Specialist

to schedule an appointment. They can give you more feedback on your progress.

Hopefully, this gives you a better understanding of the vision and mission of SHAPE. Additionally, we hope you encourage a colleague or come back yourself so we can continue to serve you like you are serving our country. Chasen Hasan, SHAPE Fitness Specialist, Pearl Harbor, has learned firsthand how his SHAPE participants are making sacrifices by working long hours, often sitting at their desks and not having time and opportunities to improve their health. He has learned to develop programs to help them improve their lives no matter what their jobs may be. If you or someone you know is interested in SHAPE contact a SHAPE Fitness Specialist today, they are more than happy to develop the best program for you!



Command Performance...A SHAPE Testimonial

Captain Ricks Polk and his command, ATGMIDPAC, at Ford Island, Hawaii are a model of the lifestyle SHAPE promotes. A great example of this command's commitment to regular physical activity is their last PRT cycle - every sailor in this command passed! This can be attributed to Captain Polk emphasizing the importance of maintaining a regular exercise routine and incor-



porating physical activity in their daily lives. He stresses the importance of maintaining an active lifestyle early in life because of the challenges a sailor will encounter as they age.

Captain Polk is a SHAPE participant in Pearl Harbor with the current goal of improving his overall performance in triathlons. Since starting with SHAPE, Captain Polk has seen improvement in his balance and core strength, as well as his recovery time between races and training. In addition, his overall race times have improved significantly compared to last year, placing in the top ranks for his age group; a reflection of his hard work and dedication to SHAPE conditioning and his own commitment to a healthy lifestyle.

If you know of a personal SHAPE story

that we could share with our readers, we enjoy highlighting SHAPE participants and commands, so, please send us those stories that represent SHAPE's mission and vision for future issues of *The Dispatch*.

It's important to maintain an active lifestyle early in life because of the challenges a sailor will encounter as they age.

Thanks Captain Polk for sharing your story!

STAY HEALTH • STAY FIT • STAY NAVY

SHAPE Group Exercise

Pearl Harbor , HI

Day	Time	Class	Location
Mon	1130-1215	Electric Cardio	PRT Room @ Bloch Arena
Tues	1130-1215	Strength	Aerobic Room @ Bloch Arena
	1600-1645	Wild Card	Makalapa Gym
Wed	0600-0645	NOFFS	Aerobic Room@ Bloch Arena
	1130-1215	Boot Camp	Ward Field @ Bloch Arena
Thurs	1130-1215	NOFFS	Aerobic Room @ Bloch Arena
	1400-1445	Boot Camp	Makalapa Gym
Friday	1130-1215	Cycling (RPM)	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	

Pearl Harbor , HI

Date	Event	Time	Location	Contact
09/04	Tantalus Triple Trek 50k Trail Race	0530	Nature Center, Makiki	www.hurthawaii.com
09/05	Runner's HI Kalaeloa 20k Road Race	0600	Kalaeloa (Barber's Point NAS)	www.mprc.com/raceschedule (808)295-6777
09/12	Na Wahine Sprint Triathlon	TBA	Kapiolani Park	www.TryFitnessHawaii.com
09/12	Na Wahine Duathlon	TBA	Kapiolani Park	www.TryFitnessHawaii.com
09/15	Camp Smith Grueler 5k Run	TBA	Kaneohe MCBH	www.mccshawaii.com
09/18	Recovery 5k Walk/Run	TBA	Kapiolani Park	(808)447-5261
09/19	Old Pali 4.4 Mile Road Race	0700	Kinaole Rd, H3 Overpass	www.mprc.com/raceschedule (808)295-6777
09/22	FREE Fit Evaluation w/Emily Boll	1200-1400	RSVP Preferred	(808)206-1896
09/25	Windward 25k Road Race	0600	Kailua Beach park	www.mprc.com/raceschedule (808)295-6777

San Diego , CA

Date	Event	Time	Location	Contact
09/01	Free Throw/3-Point Contest	TBA	Admiral Prout Field House	(619)556-7444
09/08	POW/MIA 5k Run/1-Mile Walk	0830	NBSD (Individual & Command)	(619)556-7444
09/08	Registration Due-End of Summer Softball Tournament		Admiral Prout Field House	(619)556-7444
09/13-17	End of Summer Bash Tournament	1715,1830,1945	NBSD Softball Field	(619)556-7444
09/20	Fall Basketball League	TBA	Admiral Prout Field House	(619)556-7444
09/27	Fall Softball League	1715,1815	NBSD Softball Field	(619)556-7444
09/27-10/1	Fall Basketball Tournament	1715,1815,1915	Admiral Prout Field House	(619)556-7444

Norfolk , VA

Date	Event	Location	Time
09/08	Red, White and Blue 5K	NNSY	TBA
09/20	"Touchdown Showdown" Challenge	JFSC Marianas Hall Gym	TBA
09/24	Fall Frenzy 5K	NWS Yorktown	TBA

Coming soon.... 4-6 week Water Exercise Series Includes: Water-running, Strength, & Cardio.

Upcoming
Events