

FORGING THE FUTURE:



Visit NEHC Health Promotion Homepage: <http://www-nehc.med.navy.mil/hp>
Subscribe to this publication by visiting our web site. Click on "Friday Facts"



Friday FACTS

17 September 2004

"Leadership, Partnership, and Championship"

Tips for a Better and Safer Fitness Center Workout

Want to reduce your risk for injury and benefit more from your fitness center workout? The American Council on Exercise suggests tips when working out:

1. **A short workout is better than none.** If you don't have a full hour to exercise, don't skip your workout. Research shows that even 10 minutes of exercise can provide important health benefits.
2. **Balance your strength-training programs.** Most people tend to focus on certain muscles, such as the abdominals or biceps, because they have a great impact on appearance or it is where they feel strongest. But to achieve a strong, balanced body, you have to train all the major muscle groups.
3. **Use good form.** Bad form can lead to injury. For example, allowing the knee to extend beyond the toes during a lunge or squat can put undue stress on the knee, and using momentum to lift heavy weights or not exercising through a full range of motion will produce less-than-optimal results.
4. **Progress wisely.** Exercising too much, too hard, or too often is a common mistake by many fitness enthusiasts. Rest and gradual progression are important components of a safe and effective exercise program.
5. **Add variety.** Too many people find a routine or physical activity they like—and then never change it. Unchanging workouts can lead to boredom, plateaus, and worse case, can lead to injury or burnout.
6. **Adjust machines to your body size.** Using improperly adjusted machines will lead to less-than-optimal results and increase your risk of injury.
7. **Focus on your workout.** Being "mindful" when you work out is very important. Reading or watching TV can adversely affect the quality of your work out and slow you down.
8. **Cool down after your workout.** After your workout, don't head straight to the shower. Take a few minutes to lower your heart rate and stretch your muscles. This improves flexibility and helps prepare your body for your next workout.
9. **Practice fitness center etiquette.** Always be considerate of other exercisers. Examples include moving quickly to the next machine when you are done, moving to another area to talk on your cell phone, and wiping your sweat from machines.
10. **Set realistic goals.** The key is to establish a training goal that is specific and appropriate for your fitness and skill levels—a bit challenging but not overly difficult.

Source: American Council on Exercise, www.acefitness.org.

OCTOBER—BREAST CANCER AWARENESS MONTH National Mammography Day Celebrated October 15

Early Detection Saves Lives

If you are age 40 or older, join the millions of women who get mammograms on a regular basis. Mammography is the single most effective method to detect breast cancer, long before physical symptoms can be seen or felt.



Breast cancer is the most common cancer diagnosed in American women. Early detection means better survival. Most organizations recommend you have a mammogram every one to two years throughout your lifetime starting at age 40. How often will depend on your risk factors. Your risk for breast cancer increases as you age.

Mammography facilities around the country will offer reduced-fee screenings on the 15th and throughout the month of October. For more information on certified mammography facilities in your area offering these screenings, call the American Cancer Society toll free at (800) 227-2345 or the Y-ME National Breast Cancer Organization at (800) 221-2141.

Source: National Breast Cancer Awareness Month Coalition, www.nbcam.org.

"A journey of a thousand miles begins with a single step... forward." -Jeffrey Mayer