



# In Motion

## Getting into shape increases self confidence

by Elizabeth Poe

Like many women, after HN Dhessie Keeler of Branch Medical Clinic had her baby last May, she was only able to lose about 20 lbs, which was less than her goal. Before becoming pregnant, Keeler was already overweight and she put on another 30 lbs. during her pregnancy. She felt miserable and her self confidence was at an all time low.

"I was working out at home and it was hard with just weights," she said. "I was bored."

Last fall, she asked Certified Personal Fitness Trainer Colleen Pounds at the Oceana Sports and Fitness Center for help. Pounds has worked in the fitness field for about 15 years and majored in nutrition in college. She is certified as a personal trainer through the Aerobics and Fitness Association of America, one of the four national exercise certifications recognized by the Navy. She has worked closely with Keeler to help her to achieve her personal exercise goals.

The first step in determining the right fitness program begins with a computerized fitness assessment that measures heart rate, weight, body fat, flexibility, strength and cardiovascular fitness.

"Dhessie did her fitness assessment with me in November," Pounds said. The results showed that Keeler was low on cardiovascular exercise and that her body fat was elevated.

Pounds devised a fitness plan tailored specifically to Keeler's needs. "We needed to focus on improving her aerobic exercise duration so she could do a longer amount of exercise more days per week," she said.

For weight management, an exercise program should be conducted at least three times a week at an intensity and duration that will allow the individual to burn at least 300 to 400 calories per workout, according to Diana Settles, Physical Fitness and Injury Prevention program manager for Navy Environmental Health Center. Accumulated moderate levels of physical activity should be conducted at least 30 minutes per day for general health purposes.

"Regular exercise may also help control appetite and improve psychological outlook when trying to lose weight," Settles said.

Pounds said most people are not happy with the results of their body fat measurement when they first do the fitness assessment. "But I tell them, 'If you hate these numbers today, when you get to your goal you're going to look back and love these numbers. They'll show how far you've come. That's what you have to look forward to,'" Pounds said.

It doesn't take long to start feeling better and seeing results when you embark on a regular and consistent program of exercise.

"Consistency is key," Pounds said.

A couple of weeks after she began a fitness program Keeler began to feel better. "I have more self esteem now. I used to have really low self esteem growing up. I'd never been in shape," she said. "Working out has helped me a lot."

Keeler had expected to be put on a rigorous weightlifting program, but nothing could be further from the truth. Pounds explained that what experts advise is a 30-40 minute cardiovascular workout five to seven days a week.

It's important not to do too much too soon. If you do you could get injured. "Or it hurts and that turns people off," Settles said.

"We don't bombard anybody at the very beginning with a cardiovascular program and weight training. We help people to get solid with their cardiovascular training, and pick up the weight training after that," Pounds said.

There's not a big difference between the various cardiovascular equipment at the Fitness Center. They all provide aerobic exercise and allow people to monitor their heart rate.

Keeler likes the PreCore Stepper. "It's the boredom factor," Pounds said. "If she came in and I said, 'I want to put you on the bicycle. You'll start at 20 minutes and work up to 30 minutes' and she hates riding the bicycle, well, she's not going to stick with a program. We have to find something that somebody likes, which is why we have all of these machines. If you like it,



**HN Dhessie Keeler (l) has worked with Certified Personal Fitness Trainer Colleen Pounds at the Oceana Fitness Center since last fall to achieve her weight reduction goal.**

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you'll stick with it."

"When we did Keeler's reassessment, I think it sunk in that everything she had done had come to fruition with a big payoff. Her self confidence soared after that," Pounds said.

Six months have passed, and Keeler has lost 26 pounds and her body fat percentage is at a lean 17.8 percent. She heads straight for the gym after work. She enjoys spending as much time as she can with her husband and daughter, but the hour she spends at the gym every day is worth it. "I want to be healthy," she said. She pays more attention to nutrition now and eats more fruits and vegetables.

She has rewarded her fitness accomplishments with new clothes and enjoys the compliments she's been receiving.

"I always had big legs, but now they're toned. I like the way my

arms look now, too," Keeler said.

People can feel intimidated about going to the Fitness Center because they are under the misconception that they'll be the only ones there who are not in perfect shape.

"You gradually get yourself into a program. It's not like you're going to hit a machine and go for an hour," Settles said.

Pounds agreed that fitness trainers recommend a slow and easy pace in the beginning. "Slow and steady wins the race."

Keeler would recommend to anyone who is trying to lose weight to give the Fitness Center a try. "There's a lot of people here who will help you and make you feel comfortable," she said.

The benefits of regular exercise are not just weight related. Exercise also has been proven to improve health, increase energy levels, decrease stress and improve mood, and enhance skin and hair health.

## National news focuses on weight-related concerns

The Oceana-Dam Neck IN MOTION campaign for enhanced fitness and nutrition continues as a pilot site for Get Moving Navy. The national news on weight-related concerns in the United States has intensified, with studies from Centers For Disease Control and Prevention reporting that poor diet and physical inactivity leads to approximately 400,000 deaths per year. CDC experts state that fatalities from these controllable factors have overtaken those caused by tobacco abuse as the number one preventable cause of death in the United States.

Tommy G. Thompson, Secretary of the Department of Health and Human Services, leads by example for his "Healthy Lifestyles" program – a program that focuses on promoting a healthy lifestyle and participating in regular physical activity throughout life. Thompson reported that he went from 210 pounds to 195 pounds by putting a pedometer on his belt and watching his diet. His success demonstrates that walking and paying attention to what you eat can lead to better fitness and nutrition.

### Every Step Counts! Pedometers measure daily physical activity

Every step counts! A pedometer is a small device that attaches to the belt and counts the steps taken over the day. It can help you set goals and keep track of the number of steps – distance you walk – you take in a day. The goal for individuals beginning an exercise program is 5,000 steps. 10,000 steps is recommended for maintaining general health; and 15,000 steps is recommended for weight loss. If your goal is weight loss and you are just beginning an exercise program, remember to progress your activity patterns gradually – work up to 15,000 steps. Remember not to do too much too soon, so your body will have a chance to adjust to your increased physical activity patterns. The pedometer is a very motivational exercise tool, and demonstrates that every step does count towards improving your physical activity and health. Take the stairs instead of the elevators. Park your car in a parking space a bit further from the front entrance of the grocery store. Walk with your family or pet

around your neighborhood. Every step counts!

Where can you purchase a pedometer? Pedometers are sold at sports stores, and two models are currently available at the NAS Oceana NEX Sports Department. The price of a very accurate pedometer is approximately \$25. The DIGI-WALKER pedometer, considered by researchers to be the gold standard of pedometers, continues to rate the highest in both accuracy and reliability, recording within 1 percent of all steps measured. The YAMAX SW-701 recently tested as the most accurate for calculating steps, distance and calories burned. You can order the YAMAX SW-701 at <http://www.stepintohealth.com>.



## BENEFITS OF PHYSICAL ACTIVITY

### Individuals who exercise regularly are less likely to develop:

- Heart disease
- Diabetes
- High blood pressure
- High cholesterol levels
- Certain forms of cancer
- Osteoporosis

### Individuals who exercise regularly are more likely to:

- Maintain a healthy body weight
- Increase energy levels; decrease fatigue
- Improve skin and hair health – look younger (nutrients are transported to the skin and hair through oxygen transportation during exercise)
- Counter stress incurred during daily living, deployments
- Improve mood; release tension
- Improve mental fitness – ability to focus and concentrate
- Improved job performance - perform activities with better ease; less fatigue; improved effectiveness
- Effectively control the pain and joint swelling that accompanies arthritis
- Maintain lean muscle, which is often lost with increasing age
- Have higher levels of self-esteem and self-confidence, an improved self image
- Continue to perform activities of daily living as they grow older
- Experience overall feelings of well-being and good health
- Enhance military bearing