



In Motion

Participate in Oceana-Dam Neck *IN MOTION*

by Capt. Bruce K. Bohnker

You read about Oceana-Dam Neck *IN MOTION* in last week's *Jet Observer*, I want to continue to provide you with information on this improved health and nutrition campaign. In developing Oceana-Dam Neck *IN MOTION*, we identified four focus populations:

- Active Duty Personnel
- Active Duty Personnel participating in the Fitness Enhancement Program
- Family members, government employees and retirees
- Medical high-risk personnel

These groups have different needs and program goals. Strong fitness and health promotion programs will help maintain our people in optimal fitness and within body fat standards. Healthy lifestyles will ensure they are able to enjoy fully the retirement they have so richly earned. Healthy lifestyles reduce long-term health care needs. Sailors and Marines have acknowledged the benefits of physical activity during the performance of their daily jobs with increased energy levels, decreased stress levels and feeling prepared to handle the daily physical demands of their job.

Our active duty personnel in the Fitness Enhancement Program have been outside of body fat or fitness standards in the past. There is a Navy weight management program called weight management program called "SHIPSHAPE." The program is managed by the Population Health Directorate at the Navy Environmental Health Center and is available online at <http://www.nehc.med.navy.mil/hp/shipshape>. It was developed and made available to local medical treatment facilities to increase accessibility of a weight management program for active duty Sailors needing assis-

stance in maintaining physical readiness standards. The program includes education on fitness and nutrition as well as peer support groups.

Our family members, government workers, and retirees will benefit from enhanced fitness and nutrition. We encourage them to participate in "Crews into Shape." This is a fun, team-oriented program that promotes health and fitness. The challenge during the month of March each year is held in conjunction with National Nutrition Month. To learn more about this

– See *IN MOTION* next page

Exercising is family affair for VFA-87 PRT coordinator

by Diana Settles

Exercising together means more to the Brewers than to the average family. A primary benefit of Ensign Jay and Tracey Brewer's exercise and nutrition program is the example it sets for their three-year-old daughter Sydney.

Brewer's homecoming with the VFA-87 "War Party" from *USS Theodore Roosevelt* in support of Operation Iraqi Freedom last May was bittersweet; he learned his daughter Sydney had been diagnosed with cystic fibrosis. Cystic fibrosis is the number one life-shortening inherited disease of young people, currently affecting more than 30,000 American children and young adults. It is a genetic disorder that particularly affects the lungs and digestive system, and it makes a child more vulnerable to repeated lung infections.

"During our first visit to the pulmonologist, he stated the two most important things for us to do for Sydney's health are to provide her with sound physical activity and nutrition habits. It is important for her lungs to stay strong, and nutrition is very important – not only healthy eating but increasing up to 30-50 percent more calories in her daily diet," Brewer said.

Personal exercise goals for Brewers include long-term optimal health for the entire family. "We're currently working up to longer runs," Brewer said. "Tracey and I are also interested in increasing our

muscle mass and decreasing our body fat. Exercising on a continuous basis is an excellent strategic tool. It decreases stress and reduces and makes us feel better during the day. We would like to set a good example for our daughter Sydney as soon as possible. She's already quite observant at three."

The Brewer family enjoys exercising together. "Sydney is our greatest motivator during our workouts and running events. She yells from the stroller, 'Faster! Faster!' She enjoys participating with Tracy and I when we participate in local running events. Sydney loves to run; she runs almost everywhere she goes! She's quite an inspiration to us," he said.

Regarding the impact of physical activity on job performance, Brewer, who is the PRT coordinator for VFA-87, emphasizes the importance physical activity plays during daily operations at his command.

"For me, it decreases my stress level. I feel less fatigued during a 10,12,14 hour workday, especially during the final hours of work. I am able to maintain my energy level through the day and am able to focus and think better as the day progresses," he said.

"I've been a PRT coordinator twice in the past, and it's harder at VFA-87. The operational commitment is so high that many times Sailors don't have an opportunity to exercise during the workday. We are fortunate to have a CO (Cmdr. Gregory Fenton) and XO (Cmdr.



Ensign Jay Brewer and his wife Tracey run in the 5k Winter Sprint with their daughter Sydney at Dam Neck March 3. Brewer is the PRT coordinator for VFA-87.

David Silkey) that fully support the importance of Navy fitness! The command goals are to reduce failures by 50 percent if not a 100 per-

cent pass rate."

Diana Settles, MAT, ATC, is the Program Manager for Physical Fitness and Injury Prevention at NEHC.

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program visit the Crews into Shape website at http://www.nehc.med.navy.mil/hp/Crews_Into_shap.

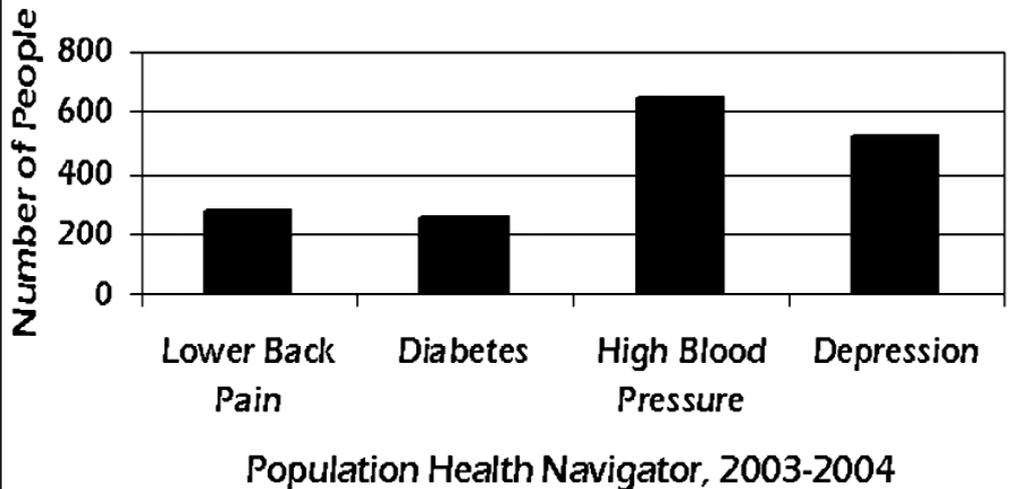
Finally, some of our family members and retirees may have medical conditions that place them at increased risk for serious medical problems due to excess weight and nutritional imbalance. These include people with diabetes and high blood pressure. People with low back pain and depression may also benefit from exercise and better nutrition.

We invite people to register at no cost through the website for The President's Challenge at <http://www.presidentschallenge.org>. "Oceana-Dam Neck in Motion" has a group ID 7382 and group name "Oceana." Participating in the President's Challenge will provide you with a personal exercise tracking log and will allow you to monitor daily your physical activity accomplishments. As daily personal exercise is logged, the program will automatically track your progress. NAS Oceana and Dam Neck Annex have established an awards and incentives program that allows participants, regardless of their individual levels of fitness, to be recognized for consistency in their exercise program.

Please join us in this campaign to improve health and fitness for all members of our Navy and Marine Corps family at Oceana and Dam Neck.

Capt. Bruce K. Bohnker, MC, USN(FS), is Director of Population Health, Navy Environmental Health Center, Portsmouth.

BMC Oceana Information on High Risk Medical Conditions (Total Populations = 21,424)



Master-At-Arms rating filling fast, but opportunities to convert still exist

WASHINGTON (NNS) – Sailors interested in joining the master-at-arms rating still have plenty of opportunities, but personnel officials say the rating is growing fast and will soon be reaching capacity.

"We have a good billet base right now, but over the next year and a half, there will be plenty of conversion opportunities available for top performing Sailors," said Lt. Cmdr. Patricia Loonam, enlisted community manager for the MA rating. "If you've been thinking about converting, the time is now."

The rating has grown significantly in the past few years, going from under 2,000 in September of 2002, to nearly 8,000 people at present.

Loonam says the community, which has over the last two years posted better-than-average advancement opportunity, is on track to reach a goal of 9,584 by the end of this fiscal year.

The areas of greatest need are petty officers with

three to nine years of service and chief petty officers with 15 to 18 years of service.

"Growing the rating and making it more viable means we really need solid, experienced enlisted leadership," added Loonam.

She was quick to add, however, that help was not needed at the E-6 level unless the applicant is a signalman.

"We are still holding some slots open for first class SMs," she said. "We think there are some natural skills they could bring to the rating, and we want to offer them MA as a conversion option."

The Navy approved the disestablishment of the SM rating last year. It becomes effective Sept. 30. All SM-rated personnel were to have submitted rating conversion requests by Jan. 31.

Active-duty Sailors interested in becoming a master-at-arms can refer to the MILPERS 1440-010 para-

graph 16 for more information. Application instructions for Reservists are contained in NAVRESFOR 02/04.

– From Chief of Naval Personnel Public Affairs

NFCU sponsors 'Ship to Shore Book Drive' through March 12

The "Ship to Shore Book Drive" runs through tomorrow. Donate new and gently used books for children ages 2-10 can be dropped off at any of the nine Navy Federal Credit Union Service Centers. Donated books can also be mailed to Ship to Shore Book Drive, c/o Navy Federal Credit Union, 509 Viking Drive Suite J, Virginia Beach, VA 23452.

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