



In Motion

Oceana, Dam Neck kicks off campaign



Top, from l-r: Lt. Cmdr. Les Moore, officer in charge Branch Medical Clinic Oceana; Capt. Bruce Bohnker, director Population Health, NEHC; Capt. Stuart Bailey, NAS Oceana executive officer; CWO3 John Warra; Lt. Cmdr. Craig Vaughn; CSC(SW) Antone Anthony; Lt. Cmdr. Alison Hernandez, officer in charge Dam Neck Annex; Lt. Cmdr.

Nancy Holmes, Branch Medical Clinic Oceana; Diana Settles, NEHC; **Bottom, from l-r:** Gary Woodward, NEX; Steve Heaston, NEHC; Gary Thomas, Oceana Fitness, Sports and Aquatics director; Lisa Sibelius, MWR Mid-Atlantic Region; Sally Vickers, NEHC; Lynn Klanchar, NEHC; and Bill Calvert, CPD, kick off "Oceana-Dam Neck in Motion."

by Capt. Bruce K. Bohnker

I would like to welcome everyone to "Oceana-Dam Neck in Motion," which is a pilot site for "Get Moving Navy." This campaign is a part of an effort by the Assistant Secretary of Navy (Manpower and Reserve Affairs) and the Navy Surgeon General to improve fitness and reduce obesity for naval personnel. It is intended for the entire Navy family, including active duty, family members, government employees and retirees. Increased exercise is one of the best ways to increase fitness and reduce obesity. Therefore, the campaign for "Oceana-Dam Neck in Motion" is being implemented, with the goal of encouraging personnel to participate in 30 minutes of moderate physical activity five or more days per week.

Currently more than 64.5 percent of U.S. adults are overweight or obese, along with 15.5 percent of children and adolescents. Fitness and nutrition have become national health concerns as more people become overweight and obesity is increasing at an alarming rate in the United States. The Center for Disease Control and Prevention has incorporated these topics into Healthy People 2010, the health promotion and prevention agenda for the nation available at <http://www.healthypeople.gov/document>. Healthy People 2010 includes specific actions to improve fitness and reduce obesity. It includes increasing the proportion of adults who engage

regularly, preferably daily, in moderate physical activity for at least 30 minutes per day. This national campaign focuses on Nutrition and Weight, which significantly contribute to multiple

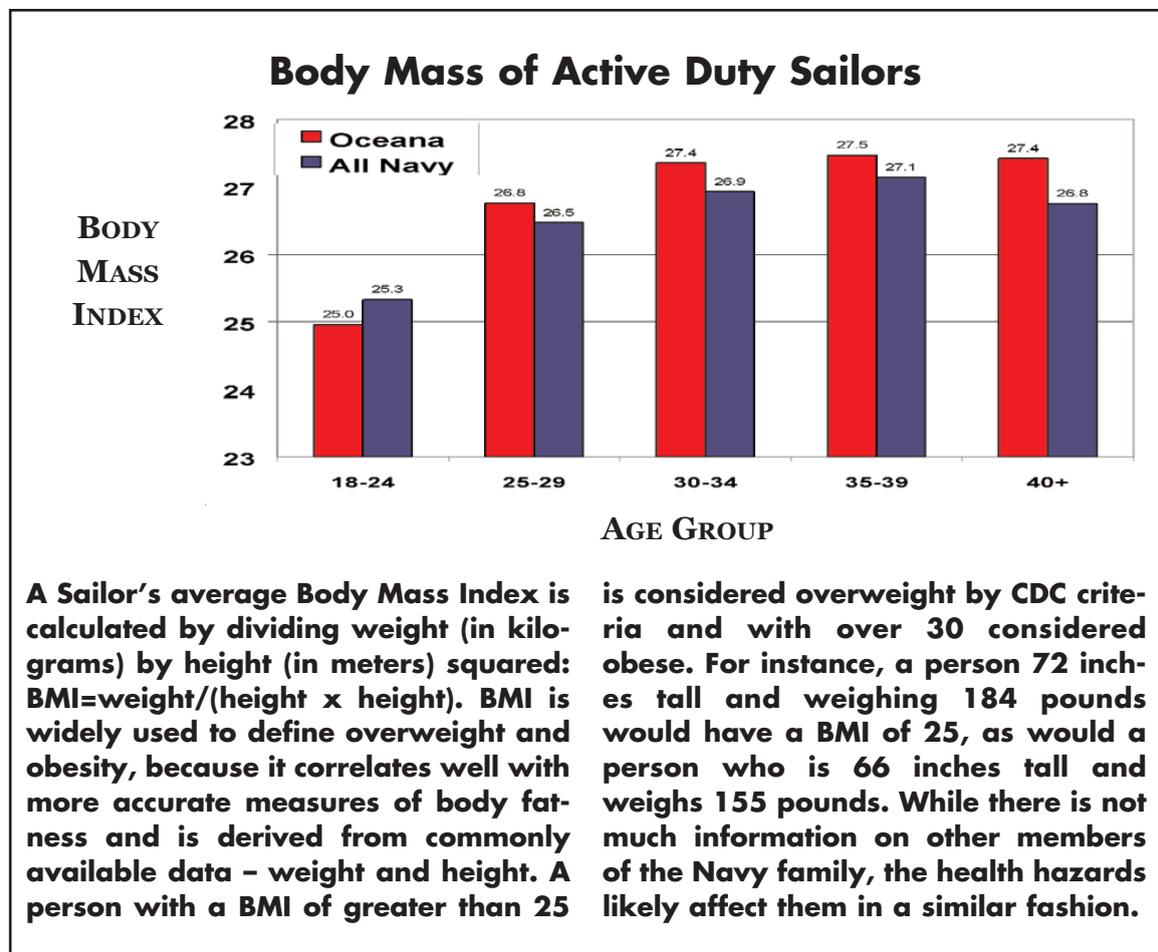
adverse health outcomes including diabetes, hypertension and low back pain. The U.S. Department of Health and Human Services states that physical inactivity and poor diet habits now surpass tobacco use as the leading contributor to death in the United States.

For the pilot site, The Oceana-Dam Neck Fitness and Nutrition Working Group had their kickoff meeting Feb. 23. The group, which includes a wide range of personnel and commands, will continue to assess the current fitness and nutrition practices, and go on to develop improvement strategies as the campaign progresses.

As the campaign begins, personnel are invited to register at no cost through the website for The President's Challenge (<http://www.presidentschallenge.org>), a non-profit organization. "Oceana-Dam Neck in Motion" has a group ID 7382 and group name "Oceana." Participating personnel can track their physical activity through that program, as they enjoy the benefits of exercise and healthier living. Similar ongoing efforts are available through America on the Move™ and Walk Smart Virginia™

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 the Director of Population Health, Navy Environmental Health Center, Portsmouth.



The Challenge.

It starts with you

THE PRESIDENT'S CHALLENGE

Physical Activity and Awards Program

The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate people at NAS Oceana and Dam Neck to improve their fitness level.

The President's Challenge provides you with a personal exercise tracking log and allows you to monitor your physical activity accomplishments daily. As daily personal exercise is logged, the program will automatically track your exercise progress. There are two programs you may choose to join:

ACTIVE LIFESTYLE: For those just getting started (less than 30 minutes of activity a day, five times a week).

PRESIDENTIAL CHAMPIONS: For those who are already active and want a new challenge. Both programs offer a personal activity log to track your progress online – along with awards for reaching

your goals. You can even join with others to take the Challenge as a group.

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. Your accomplishments in maintaining exercise consistency and acquiring exercise log points will be rewarded. **EARN AWARDS – APPRECIATE WHAT YOU'VE ACCOMPLISHED!**

This history of the President's Challenge dates back almost half a century. The origination of the Council began in 1956, when President Eisenhower initiated the first national testing program. Ever since, the Council has included some of America's most distinguished citizens as members. This campaign was designed by the President's Council on Physical Fitness and Sports, and currently more than a half million Americans worldwide participate in the President's Challenge ... Now it's time for you to join this active adventure! You're it. Get Fit!

How to Join the President's Challenge

1. Go to <http://www.presidentschallenge.org/>

2. Click on the adults box to learn more about the President's Challenge and the Active Lifestyle program, or

3. Click on [Sign Me Up](#)

4. Fill out the registration form.

- A User Name can be your name or any name you choose.

- Choose a password you can remember. This allows you to access your personal start page.

- Your Group ID Number for Oceana is 7382.

- Your Group Member ID/Name is Oceana.

- When you get to the screen, "Choose Your Program," select Active Lifestyle. You may still log in the additional exercise time and exercise at whatever intensity you choose. (People may also participate with the Oceana group under the Presidential Champion Program.)

5. After registering, start logging your activities. As you log activities, you'll be able to track your progress toward win-

ning awards provided through your MWR program. Information to assist you can be found at [http://www-nehc.med.navy.mil/hp/oceana](http://www.nehc.med.navy.mil/hp/oceana). If you have any questions, contact a program manager at the Navy Environmental Health Center at ODNIM@nehc.med.navy.mil.

- Log your exercise frequently. (You can log exercise completed within the past 14 days.)

- Complete at least a moderate amount of exercise on five or more days per week. (Your week begins on whatever day you began your program). Moderate activity includes activities of daily living including walking, gardening, vacuuming and house cleaning, as well as traditional structured exercise such as cardio machines, lifting weights, kayaking, etc.

- Complete six weeks of consistent exercise out of eight weeks – this allows for some time when exercise is not possible.

- Each completed six-week period qualifies you for a step award.

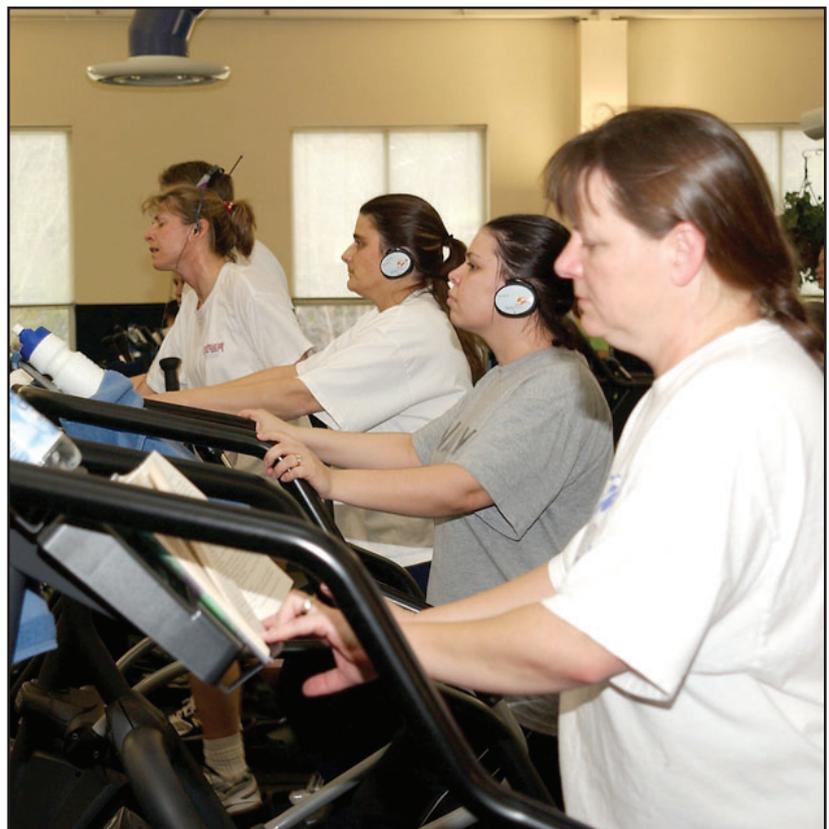
Earn Awards.

Appreciate what you've accomplished.



Photos by PH2 Greg Hathaway

Capt. Joseph Pejsa of VFA-106 says, "Physical attributes employ your personal and leadership abilities." Pejsa's personal exercise goals are to be heart healthy, fast and strong. "Exercise enhances my energy level and sustenance and endurance on the job. I like that an individual can transform himself/herself through discipline and hard work," he said.



During last week's cold spell, family members participate in aerobic exercise indoors at the Oceana Fitness Center.