

# FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page  
<http://www-nehc.med.navy.mil/hp/index.htm>

Subscribe to this publication  
by visiting our web site.  
Click on "Friday Facts"

## Friday FACTS

13 April 2001

"Leadership, Partnership, and Championship"

conference

# Exercise Sessions

Exercise Sessions will be available to all personnel attending the 41st Navy Occupational Health and Preventive Medicine Workshop, 7th Annual Independent Duty Corpsmen Conference, and the DoD Population Health & Health Promotion Conference.

Location: Terrace Pavilion, Town and Country Hotel

**Saturday and Sunday, May 12 & 13, 2001**  
0900 - 1200: Body Fat Composition Lab: 3 site Caliper Testing  
(Register for 10 minute appointment at the Conference Registration Desk)

**Monday, May 14, 2001**  
0615 - 0715: Introduction to Cardio-Kickboxing  
1700 - 1800: USMC Cadance Call Formation: Run with the Marines

**Tuesday, May 15, 2001**  
0615 - 0715: Early Bird Aerobics with Genice  
1700 - 1800: Yoga for Relaxation

**Wednesday, May 16, 2001**  
0615 - 0715: Body Blast - Body Sculpting with Tricia  
1700 - 1800: Introduction to Cardio-Kickboxing

**Thursday, May 17, 2001**  
0615 - 0715: Yoga for Relaxation  
1700 - 1800: Cadance Call Formation: Run with the Marines

**Friday, May 18, 2001**  
0615 - 0715: Cardio-Kickboxing

**Body Fat Composition Lab: 3 site Caliper Testing:** Limited Registration! Register at the NEHC Conference Registration area or pre-register before the NEHC Conference by contacting Ms. Diana Settles DSN: 564-5589 or COMM (757) 462-5589 or by e-mail at <mailto:settlesd@nehc.med.navy.mil>. What percentile of your body is fat? Every 10 minute scheduled appointment will inform individuals of their body fat percentile and lean body mass (muscle, bone, body organs) to body fat ratio. *These measurement results can not be used as documentation during military fitness assessments.*

**Body Blast - Body Sculpting with Tricia:** Enjoy this innovative muscular fitness exercise program that utilizes resistance tubing as the primary exercise tool. This body sculpting exercise session will assist in conditioning all primary upper and lower body muscle groups. These exercises are excellent for muscular conditioning in confined spaces and may be applicable to physical training programs within the Fleet and Fleet Marine Force. Instructed by Ms. Tricia Baglio, ACE Certified Instructor.

**Cardio - Kickboxing:** This class will combine high energy boxing moves with muythai training for a dynamite workout! Instructed by Mr. Ross Goo, ACE Certified Exercise Instructor.

**Early Bird Aerobics with Genice:** Enjoy a morning of low-impact aerobics with Ms. Genice Beightol, Health Promotion Director at Naval Hospital Camp Lejeune. (Class may be modified for high impact/intensity).

**USMC Cadance Call Formation: Run with the Marines:** participate in the USMC Daily 16 calisthenics routine. Instructed by an elite USMC Drill Instructor.

**Yoga:** Yoga postures are a variety of gentle movements and positions that stretch and bring awareness to the body; an effective tool for relaxation and stress reduction. Instructed by LT Sharon Maxwell, Naval Hospital Sigonella.

### Personal Exercise Opportunity for All NEHC Conference Attendees:

The Town and Country Resort & Conference Center has a 14,000 sq.ft. health club and day spa on site that may be used by conference attendees. Other physical activity opportunities include the use of the hotel's 4 pools & spa, tennis & racquetball courts, or championship golf located next to the Town and Country Resort & Conference Center.

### Tally is in on the "Crews into Shape" Challenge

Congratulations go to the top 4 teams for including more Fruits and Vegetables, Exercising, Working on Weight, and Drinking Sufficient Water. Job well done and earned! They are in order:

"Free Radicals" from Charleston

"Charlie's Angels" from BMC Everett

"Dunn-Lappers" from Groton

"New Image" from Groton

380 individuals participated on 52 teams. These are quick estimates for the 4 week time frame. More details to follow:

735 pounds lost

5657 servings of fruits and vegetables eaten

76,688 oz water drank (enough to fill a pool)

1671 hours of exercise completed



"Without change, something sleeps inside us, and seldom awakens. The sleeper must awaken." - Frank Herbert