

FORGING THE FUTURE:



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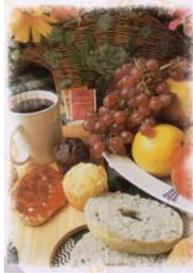
Friday FACTS

20 February 2004

"Leadership, Partnership, and Championship"

BREAKFAST: THE RIGHT START EVERY DAY

As you begin your daily morning routine - getting lunches packed, kids ready for school and yourself out the door - the American Dietetic Association reminds you to be sure breakfast is one of your family's top priorities each morning.



Breakfast is important to everyone's overall health and performance. It is an early-morning refueling stop for your body. After eight to 12 hours without a meal or a snack, your body needs to replenish its glucose, also called blood sugar, the main energy source for the brain.

Studies show breakfast eaters tend to have more strength and endurance, and better concentration and problem-solving abilities. On the flip side, those who skip breakfast often feel tired, irritable or restless in the morning.

Breakfast is essential to children's health and nutrition and gives them a jump-start on their day's daily requirements for vitamins, minerals and other nutrients. Research shows kids who regularly eat a morning meal tend to perform better in school, often scoring higher on tests. Kids who skip breakfast tend to be tardy or absent from school more often. Breakfast eaters often behave better in school, too.

Don't forget who else should eat breakfast: You! Kids who see their parents eat breakfast are more likely to eat breakfast, too. If time is a concern for you in the mornings, start the day with quick breakfast options, like:

- Whole-grain cereal with fruit and milk
- Whole-grain cereal with a cup of yogurt
- Toasted waffles topped with peanut butter
- Instant oatmeal with milk and dried fruit
- A whole-wheat pita stuffed with sliced hard-cooked eggs.

If your taste buds just don't crave breakfast foods, enjoy a sandwich or leftovers like pizza, pasta or rice in the morning. Just make sure to start your day the healthy way - with breakfast!

Source: <http://www.eatright.org/>

CANCELLATION of Health Promotion Director Training Course

The Naval Health Promotion Director Training Course originally scheduled for 4-7 May 2004 at Snug Harbor Officers Club, NAB Little Creek has been cancelled. The next course will be announced through official Navy Message and will take place in the Fall 2004, dates TBD.

Individuals needing training as Navy Health Promotion Directors or Coordinators prior to the Fall course should consider attending the two-day Navy Health Promotion Basics Course, to be offered at the 43rd Navy Occupational Health & Preventive Medicine Workshop (the NEHC Workshop), 18-19 March 2004. Registration and further information regarding this course and other Health Promotion courses and sessions being offered at the Workshop are available at: <http://www-nehc.med.navy.mil/Workshop04/home.htm>

Dates for other locations where the Health Promotion Basics Course is being offered are listed on the NEHC Health Promotion Training Website at <http://www-nehc.med.navy.mil/hp/tc/basics.htm>

The Health Promotion Basics Course (Self-Study) is also available online courtesy of Swank HealthCare at www.swankhealth.com, then click on "Civilian Healthcare", then "Homeland Security", then "Readiness Training/CE/CME Courses", then "Navy Health Promotion (Basics Course)".

GET YOUR TEAMS READY FOR THE CREWS INTO SHAPE CHALLENGE!

Crews Into Shape is a fun, 4-week challenge (March 1-26) that brings people together for a team approach to wellness by eating 5 or more servings of fruits and vegetables daily, exercising 30 minutes 5 or more days a week, drinking adequate amounts of fluids, and maintaining or achieving a healthy weight. To participate, form a team of 4 to 10 members, select a team name and completed the on-line registration process at http://www-nehc.med.navy.mil/hp/Crews_Into_shape. The team leader must **complete the crew worksheet and submit it by email to crews_into_shape@nehc.mar.med.navy.mil by Feb 27th.**

NEHC COMMAND EXCELLENCE IN HEALTH PROMOTION AWARDS

Just as a reminder, the NEHC Command Excellence in Health Promotion Award recipients will be announced at the Opening Ceremony of the Navy Occupational Health & Preventive Medicine Workshop, scheduled for Monday, 22 March 2004 at 0800 at the Chesapeake Conference Center, Chesapeake, Virginia.