



## Breakfast...Is it important?

93% of Americans believe breakfast is the most important meal of the day; yet only 44% eat breakfast daily. The term “breakfast” literally means to break the fast from the night before. Eating breakfast refuels your body, increases your energy, enhances your mood, improves your concentration, helps you maintain a healthy weight and is the foundation of a healthy diet.



Studies have shown that people who skip breakfast are 4.5 times more likely to be obese than those who eat breakfast. Breakfast-eaters consume about 100 fewer calories a day than those who skip breakfast. The Weight-control Information Network reports that if you eat breakfast, you are less likely to overeat throughout the rest of the day. Not only are breakfast-eaters less likely to be obese, they are more likely to have good blood sugar levels which plays an important role in reducing the risk of type 2 diabetes and cardiovascular disease. Eating a breakfast that is high in fiber and low in carbohydrates can also help you feel less tired throughout the day. A study in August 2013 reported that when you do not eat breakfast, your energy is reduced, physical activity levels decline and the ability to problem-solve effectively is decreased. If short-term memory is a concern, a study conducted on 319 teens between the ages of 13 and 20 found that eating high-energy foods for breakfast helped boost short-term memory.

People who rarely eat breakfast consume more fat and fewer nutrients (like calcium, potassium and fiber) than regular breakfast-eaters and “often” breakfast-eaters. Eating breakfast does not mean downing a cup of coffee and a doughnut however. The core of a healthy breakfast consists of whole grains, such as hot or cold cereals; a bran muffin; whole wheat toast or bagels; low-fat protein, such a peanut butter, lean meat, poultry, fish or hard boiled eggs; low-fat dairy, including skim milk, low-fat yogurt and low-fat cheeses; and fruit and vegetables, such as 100% fruit juices, parfaits, smoothies and fresh or frozen fruit.

Bottom line: Breakfast has been called the most important meal of the day, with good reason. While every meal counts toward good nutrition, a well-balanced breakfast has a positive effect on health and can help keep you alert and productive throughout the morning. Remember, food is the fuel and energy our bodies need to function so start your day off right...with a healthy breakfast!

- 04 STRENGTH TRAINING
- 09-13 CFL CERT COURSE
- 18 CYCLING
- 19 NOFFS TRAINING
- 24 NUTRITION BRIEF
- 25 FUNCTIONAL FITNESS



ALL CLASSES, COURSES AND EVENTS HELD AT NAVAL STATION NORFOLK.

REGISTER ONLINE

WWW.DISCOVERMWR.COM/  
WATERFRONT-FITNESS/



# WATERFRONT FITNESS NEWSLETTER

## HEALTHY EATING RECIPE



### Quick Breakfast Taco

A smaller cousin of the breakfast burrito, the breakfast taco made with reduced-fat Cheddar and egg substitute is a satisfying and healthy breakfast option.



MAKES: 1 SERVINGS  
ACTIVE TIME: 15 MINUTES  
TOTAL TIME: 15 MINUTES

#### INGREDIENTS

- 2 corn tortillas
- 1 tablespoon salsa
- 2 tablespoons shredded reduced-fat Cheddar cheese
- 1/2 cup liquid egg substitute, such as Egg Beaters

#### PREPARATION

1. Top tortillas with salsa and cheese. Heat in the microwave until the cheese is melted, about 30 seconds.
2. Meanwhile coat a small nonstick skillet with cooking spray. Heat over medium heat, add egg substitute and cook, stirring, until the eggs are cooked through, about 90 seconds. Divide the scrambled egg between the tacos.

#### NUTRITION

Per serving : 153 Calories; 2 g Fat; 1 g Sat; 0 g Mono; 3 mg Cholesterol; 15 g Carbohydrates; 17 g Protein; 0 g Fiber; 453 mg Sodium; 207 mg Potassium **Carbohydrate Serving:** 1 **Exchanges:** 1 starch, 2 very lean meat

SOURCE: [http://www.eatingwell.com/recipes/quick\\_breakfast\\_taco.html](http://www.eatingwell.com/recipes/quick_breakfast_taco.html)  
From EatingWell: May/June 2008, EatingWell for a Healthy Heart Cookbook (2008), The EatingWell Diet (2007)

## COMMAND SPOTLIGHT



More than 160 Sailors representing six ships in the BAE Shipyard participated in the Shipyard 5K held March 28th. Congratulations to all who participated. Medals were awarded to the top male runners which included: ENS Ben Bayley from the USS Monterey for an overall time of 18:47; HT1 Ryan Entriken from the USS Wasp: 19:18; SN Florencio from the USS Arlington: 19:22 and IS2 Thomas Lindberg from the USS Wasp for a time of 19:32. The female medal winners were: LT Amy Stoniecki from the USS Wasp with an overall time of 22:23; Angelica Walton from the USS Monterey: 22:53; SHSN Fatima Zela from the USS Wasp: 23:23; and Alison Ringaman from the USS Monterey for a time of 25:12.

## WORKOUT OF THE MONTH



### SPEED TRAINING

WORKOUT EXERCISE	YARDS	SETS	REST BTWN SETS
Power Skips (for Height)	20	3	60 sec
Power Skips (for Distance)	20	3	60 sec
Hollow Sprints - done without stopping		3	90 sec
Jog	10		
Sprint	10		
Jog	10		
Sprint	10		
Jog	10		
Agility ladder or Boxes drawn on ground		3	30 sec
Every Hole-Forward Run stepping each foot in every hole			
Every Other Hole- Forward Run stepping each foot in every other hole			
Side Shuffle/lateral step- Run laterally stepping each foot in every hole			
Sprint Ladder- done without stopping		3	90 sec
Sprint- down and back	5		
Sprint- down and back	10		
Sprint- down and back	15		
Sprint- down and back	10		
Sprint- down and back	5		

COOL-DOWN - Walk 10 yards down and back 2x's.  
Follow with TOP 12 NAVY STRETCHES