



May is Physical Fitness Month



Less than half of all adults in the United States get the recommended amount of physical activity each week.¹ This statistic is alarming because regular physical activity reduces the risk of many adverse health outcomes and increases life expectancy.² It also improves overall quality of life and performance – both on and off the job. By incorporating physical activity that mimics job duties, Sailors and Marines will be able to work more efficiently and with less risk of injury. A combination of aerobic and muscle-strengthening exercises will help individuals sustain physical activity over the long-term and reap greater health benefits.^{2,3}

The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department offers Sailors and Marines, beneficiaries, retirees, DoD civilians, health promotion coordinators, and health information disseminators the resources for themselves or to help others be physically fit at any age.

Relax Relax: Optimized Tools, Increased Functionality

The Health Promotion and Wellness Department (HPW) launched its newly redesigned Relax Relax website, which helps Sailors, Marines, and their families reduce psychological and physical wear and tear through deep relaxation and focus exercises set to audio tracks.

The site features a new navigation panel with representative imagery and text to make it easier to browse relaxation techniques as well as customized browsing experiences for both low and high bandwidth users. Users with a high-speed Internet connection have instant access to each exercise through the embedded media players, while users with slower Internet connection speeds are able to access relaxation audio tracks individually.

The redesigned Relax Relax website can be viewed at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/relax-relax/pages/index.html>.





Resources You Can Use

Please consider distributing the following resources to your audiences throughout the month of May. If you reuse or reproduce any of these materials, we request you please include the following attribution: "Content courtesy of the Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department" and [email](#) to let us know so that we may track the reach of our materials.

Fact Sheet: Get Active to be Healthy

Regardless of age or ability, physical activity can improve the health and well-being of service members, families, and civilians. [Click here](#) to learn about the benefits of exercise and for fun activities at every fitness level.

Fact Sheet: Hydrate to be Healthy

Proper hydration can improve health, enhance performance, and replace fluid loss following physical activity. Your main source of hydration should be water. [Click here](#) to determine the amount of water your body needs and for tips on how to meet those needs daily.

Resources: Physical Activity and the Wounded, Ill, and Injured

Exercise may be just what the doctor ordered following a wound, illness, or injury. Check out our [poster](#) and [fact sheet](#) on the benefits of physical activity, ways to get started, and frequently asked questions.

Resources: Nutrition for Active Living

Nutrition can help take workouts to the next level, assist with recovery, and prevent injury. Check out our fact sheets on [Performance Nutrition](#) and [Fueling Your Workout](#) to help you choose what to eat and when.

Fact Sheet: Developing a Positive Fitness Mindset for Active Living

Many people make excuses for why they can't get fit or be active. If you're one of them, then it might be time to consider changing your mindset. [Click here](#) to learn about the no excuse zone!

Fact Sheet: High Intensity Interval Training (HIIT): The Basics

[Click here](#) for information on HIIT, which is short bouts of high-intensity exercise alternating with periods of rest, as a way of enhancing physical performance or managing a chronic disease.

Additional HPW Resources

Check out the additional resources available to you! These innovative and evidence-based health promotion and wellness resources and services were developed to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles for Sailors and Marines.

- [HPW Homepage](#)
- [HPW Partnership Factsheet](#)
- [HP Toolbox](#)
- [Archived Webinars](#)
- [Reproducible Materials](#)

To learn how our programs can help promote the importance of physical fitness to Sailors, Marines, beneficiaries, retirees, and DoD civilians of any age, please visit our [May Health Promotion Toolbox](#).





Social Media Messages

The following social media messages will direct you to resources for Sailors and Marines. Please feel free to use the messages below to post to your local social media channels and share with your audiences. Like us on [Facebook](#) and follow us on [Twitter](#) and [Pinterest](#)!

Social media message 1:



The weather is getting warmer! Looking for fun, healthy ways to keep your children active? Check this out: #GetFit <http://go.usa.gov/3KNk5>

Social media message 2:



Anytime is a good time to decide to get into shape. Sometimes you just need a little motivation. What's yours? #GetFit <http://go.usa.gov/3KN9W>

Social media message 3:



Remember: Injury prevention should be as much a part of your workout routine as the workout itself. #GetFit <http://bit.ly/1ELY5TV>

Social media message 4:



Do you know the benefit to High Intensity Interval Training? Learn more: #GetFit <http://go.usa.gov/3KN5B>

[Contact us](#) if your organization would like to collaborate with us on social media messages or if you would like us to share your messages on our [Facebook page](#).

Webinar Calendar

Air Force Diabetes Center of Excellence Diabetes Central Overview

Date: 4 June 2015 Time: 1200-1300 ET

Attention Diabetes Health Professionals and Health Educators: NMCPHC is hosting a webinar to introduce you to the diabetes education resources offered by the Air Force (AF) Diabetes Center of Excellence (DCoE). Join us via Defense Communications System [DCS] for a demonstration of the AF DCoE website, Diabetes Central, presented by Dr. Tom Sauerwein, Director of AF DCoE. Diabetes Central is a CAC-enabled website that contains dozens of patient and provider education materials, trainings, and assessment tools available to all MHS health educators, clinicians, and others in the medical field who provide education to patients with





diabetes. Diabetes Central can help you establish a diabetes self-management program or supplement an existing program!

Please contact Ms. Katie Riuli at katherine.j.riuli.ctr@mail.mil to register.

Partnership News

Getting and staying physically fit requires an all hands on deck approach. That is why NMCPHC HPW partners with other military organizations to support Sailors and Marines, beneficiaries, retirees, and DoD civilians.

Navy Fitness

Navy Fitness creates “Fitness for Life” for active duty Sailors, their families, retirees, and DoD civilians. [Click here](#) to learn about individual and group fitness programs that are available.

Navy Operational Fitness & Fueling System (NOFFS)

NOFFS offers the “best in class” physical fitness and nutrition information for active duty Sailors. [Click here](#) to learn about achieving peak performance and maintaining readiness. [Click here](#) to download the NOFFS mobile app.

Marine Corps Semper Fit & Recreation

Marine Corps Semper Fit and Recreation is dedicated to keeping Marines and their families healthy, strong, and mission ready. [Click here](#) to learn about fitness resources and activities that are available.

Marine Corps Fitness

Marine Corps Fitness recommends the High Intensity Tactical Training (HITT) program as a way for Marines to increase resilience and enhance readiness. [Click here](#) to learn about this combat-specific, strength, and conditioning program. [Click here](#) to download the Marine HITT mobile app.

References

¹ Facts About Physical Activity. Centers for Diseases Control and Prevention. Physical Activity. <http://www.cdc.gov/physicalactivity/data/facts.html>. Updated May 2014. Accessed April 2015.

² U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. <http://www.health.gov/paguidelines/pdf/paguide.pdf>. Published October 2008. Accessed April 2015.

³ Adding Physical Activity to Your Life. Centers for Disease Control and Prevention. Physical Activity. <http://www.cdc.gov/physicalactivity/everyone/getactive/index.html>. Updated December 2011. Accessed April 2015.

Upcoming Training

Our education and training courses equip Navy and Marine Corps command personnel with the tools, programs, and interventions to implement at the local command level. To learn more, visit our [Health Promotion training page](#).

Contact Us

Please let us know how we can help highlight your resources for service members, veterans, families, and health professionals. We welcome your [feedback and suggestions](#), and look forward to continued collaboration with your organization.

