



Attention All Friday Facts Subscribers: Please note that in the event your email address changes due to the Defense Enterprise E-mail migration, you will need to re-subscribe to continue receiving this newsletter. Re-subscribe [here](#).

December 18, 2015



CONTENTS

- Fair Winds and Following Seas
- Partnership Highlight: OPNAV N171's 21 Days of Total Sailor FITmas Campaign Provides Sailors with Tips to Navigate Holiday Stress
- Go for Green (G4G) in 2016 – GET READY NAVY!!!!
- Practicing Mindfulness Meditation to Cope With Stress
- Delicious and Healthy Holiday Eating
- Holiday Tips

# Health Promotion and Wellness Friday Facts



## FAIR WINDS AND FOLLOWING SEAS



The NMCPHC would like to extend our best wishes to Mrs. Sally Vickers, who is retiring after over 20 years of civil service as a Public Health Educator with NMCPHC and NMCP. Mrs. Vickers gave tirelessly to the Health Promotion and Wellness Department, providing her expertise to a number of programs within the NMCPHC and DoD. She will be missed and as the saying goes, "Eat your Veggies," will always be remembered by many from past years to present. We would all like to wish her well in her upcoming retirement.

## PARTNERSHIP HIGHLIGHT: OPNAV N171'S 21 DAYS OF TOTAL SAILOR FITMAS CAMPAIGN PROVIDES SAILORS WITH TIPS TO NAVIGATE HOLIDAY STRESS

Navy's Suicide Prevention and Operational Stress Control programs, part of the 21st Century Sailor Office's Suicide Prevention Branch ([OPNAV N171](#)), aim to empower Sailors and their families with the tools to build resilience, recognize negative impacts of stress, seek help, and build community. OPNAV N171 provides support to the fleet through policy, training, and informational resources. To foster a culture supportive of psychological health, OPNAV N171 leads efforts to promote ongoing discussion about stress and suicide to reduce barriers that may prevent Sailors from seeking help with life's challenges.

Through the Navy-wide [Every Sailor, Every Day](#) communications campaign, OPNAV N171 emphasizes peer support, individual and

The Every Sailor, Every Day campaign and Navy's 21st Century Sailor Office Present...

Days of Total Sailor FITmas

Follow us on [www.facebook.com/navstress](http://www.facebook.com/navstress), [www.twitter.com/navstress](http://www.twitter.com/navstress) and [navstress.wordpress.com](http://navstress.wordpress.com) to gift yourself with new tools to navigate stress this holiday season.

#Fitmas #FitmasTime





leader responsibility, active communication, and intervention to help Sailors navigate stress and prevent suicide, as well as other destructive behaviors. From 14 December 2015 through 3 January 2016, OPNAV N171's Every Sailor, Every Day campaign and the Navy's 21st Century Sailor Office will promote the 21 Days of Total Sailor FITmas.

The campaign provides Sailors and their families with daily tips and small acts to proactively navigate holiday stress and build resilience into the New Year. Each day will offer a new resource to strengthen an area of Total Sailor Fitness, from physical fitness to emotional and behavioral fitness.

You can participate in the 21 Days of Total Sailor FITmas by following Navy Operational Stress Control on [Facebook](#), Twitter, and WordPress, and encouraging others to do the same. FITmas time is here – join today, and help you and your family stay fit from the inside out!




## GO FOR GREEN (G4G) IN 2016 – GET READY NAVY!!!!



Making healthy food choices in the galleys will become much easier in the very near future.

Honorable Ray Maybus, Secretary of the Navy, per ALNAV 050/15 and NAVADMIN 178/15, directs all galleys to implement the Go For Green® (G4G) nutrition labeling

and education program by January 2017. G4G will enable galleys to offer more healthy (Green coded) choices and to make choosing the healthy item easier for sailors. Galley staff will code food items based on the percentage of calories from total fat, percentage of calories from saturated fat, sugar, fiber, and wholesomeness. Staff will also note sodium as low, moderate, or high.

-  Green coded recipes have less than 30% total fat and less than 10% saturated fat.
-  Yellow indicates 31-49% total fat and 11-15% saturated fat.
-  Red means greater than 50% total fat and greater than or equal to 16% saturated fat.

Sailors can find G4G resources at <http://hprc-online.org/nutrition/go-for-green>



## PRACTICING MINDFULNESS MEDITATION TO COPE WITH STRESS

Mindfulness meditation has swiftly gained popularity as a self-care strategy for improving psychological health. It's not only a hot media topic, but also an exploding area of new research.

It has become a popular form of meditation that can help one cope with psychological concerns. It can be combined with clinical care and aid in keeping a healthy lifestyle and staying mentally fit. Meditation can help you learn to better control your emotions and even memories of traumatic events. It can also help you become more aware and accepting of negative thoughts. You learn not to be judgmental about your thoughts and instead think of those thoughts and feelings as momentary impulses that will pass.

To read more on Mindfulness Meditation visit [Real Warriors Campaign](#). You will find information on several ways to make this practice a routine and simple steps to try meditating on your own.



## DELICIOUS AND HEALTHY HOLIDAY EATING

---

Planning holiday meals? Try these tips to make meals healthier without sacrificing taste or fun:

**Swap ingredients for healthier options.** Cutting calories and saturated fat won't make your meal less flavorful. In fact, it's likely no one will taste the difference. In baked goods, instead of butter, stick margarine, or shortening, use softer tub options. Cut sugar in side dishes by leaving off sweet toppings like marshmallows or whipped cream. Replace white bread with whole grain or wheat bread or white rice with brown rice.

**Keep portion sizes healthy.** Heaping platters of food can make people want to eat large portions or take seconds. To decrease overeating, use smaller plates, serving utensils, or bowls. Serve a buffet-style dinner on a separate table, so guests have to get up for seconds. Offer take-home containers, so guests don't feel they have to eat everything "now."

**Create active after-dinner traditions.** Instead of taking a nap, do something to burn off extra calories and promote family fun. Play a family game of touch football, or take an after-dinner walk.

For more tips on eating right and being active, visit NIH's [We Can!](#) website.

## HOLIDAY TIPS

---

[Maintain Your Budget During the Holidays](#)

[Maintain Your Well-Being During the Holidays](#)

[Maintain Your Sanity During the Holidays](#)

**HAPPY HOLIDAYS FROM THE NAVY AND MARINE CORPS PUBLIC HEALTH CENTER HEALTH PROMOTION AND WELLNESS DEPARTMENT!**

