



BALANCE

Official Newsletter

U.S. NAVAL HOSPITAL YOKOSUKA
HERE TO SERVE WITH CARE

HEALTH PROMOTION

October 2014

Women's Health Month

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U.S. Navy photo by Mass Communication Specialist 2nd Class Josh Curtis/Released



U.S. NAVAL HOSPITAL YOKOSUKA

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HEALTH PROMOTION

U.S. Naval Hospital Yokosuka



Health Promotion
HP@med.navy.mil

Fitness Theory 101 is a comprehensive 10 week program featuring workout sessions that introduce multiple angles of fitness including but not limited to: cardio, strength building, TRX and time with a Navy fitness personal trainer.

This workout also provides you with the tools to enhance your workout and stay in shape so that you may lead a healthy and balanced life. All are welcome and encouraged to participate in all sessions or feel free to join at any time.

Sign up today and let our motivated Health Promotion staff help you achieve your fitness goals!

Start Date: 15 August 2014

End Date: 17 October 2014

Class Time: 1500-1600

Location: Check in at Fleet Recreation Center Room 323 (Wellness Center) HP office for location each week.



USNH Yokosuka Health Promotion Staff, HM3 Fisher, helps Sailor hone his workout technique. Photo by Tim Jensen

Contact us to sign up or for more details:
Call 243-9776 or email us at HP@med.navy.mil

Attend one or all sessions. Join in any time.

Open to ALL HANDS and all ages! Free of charge! Navy PT gear not required. If participant under 18 years of age, parent or guardian signature is required on consent form prior to start date. Contact HP for consent form.



Navy Fitness: Personal Trainer's Corner

Exercise, Eat well, Rest and...have a "Cheat Day"

By Ayako Ware, AAFA Certified Personal Trainer

My name is Ayako and I have been a personal trainer in Yokosuka for 4 years. My clients are mostly women and I find women's health and fitness a very interesting topic and specialty. Growing up, I was never an athlete or enjoyed exercise. I did not think about my health. As I aged though, I saw the importance of exercise and health to shape my body and decrease my stress level. I started running a 5k once a week and quickly realized you can't run well if you are a smoker and you feel guilty when you eat badly after you've finished a hard workout. So, I began eating healthy, quit smoking, and saw great improvement in my health. I just turned 40 years old and still learn every day from my clients, from my co-workers and from myself. Here are things I would always try to tell my clients.

Exercise (both cardio and strength training) **5 days a week**. If you don't have time to do 60 minutes of exercise, aim to do at least 20 minutes.

Cardio: Some people dislike doing cardio because they view it as boring. But running on a treadmill, or working on the elliptical is not the only forms of cardio. There are lots of fun activities you can do for cardio. Here at Yokosuka Navy Fitness offers a lot of different cardio classes, and it is very cheap compared to other facilities. Give it a try! You may find a new favorite activity!

Strength training: Some people worry doing too much strength exercises might increase your weight or make you become bulky.

But incorporating weight training will tone your whole body which is necessary to achieve a lean, strong figure as well as the many health benefits. In my "Shape Up" group-X class we will train major muscle groups like your legs, chest, back, arms and core with the use of body bar, dumbbells and your own body weight.

Eat well: Dedicating time to a workout can be easy for some. But eating well can be more of a challenge. Knowing the right nutrition is important, and after hard exercise your body always needs the right food for fuel.

Rest and "cheat day": It's key to give your body recovery time and have one or two days of no exercise. If you exercise intensely, your body has to heal and relax and that is an important part of exercise and health too I believe. I believe it is ok to indulge on some foods you enjoy one day out of the week. If you go out with your friends and family, just enjoy yourself without any guilt. You can begin eating healthy the next day.

Please contact your local Navy Fitness personal trainer for more information.





Think Pink!

October is Women's Health Month

By Lt Cmdr. Te'Shara E. Felder, Preventive Medicine

October is U.S. Naval Hospital (USNH) Yokosuka's Health Promotion Women's Health Month, which recognizes Breast Cancer Awareness, as well as other women's health issues. USNH Yokosuka staff are helping to raise awareness about the importance of preventive health screening services for women, particularly Breast Cancer Screenings, by designating Friday's in October, Pink Friday!

Staff and beneficiaries will benefit through the visual display of pink and pink ribbons at the hospital as reminder to them and for their family members to seek preventive health screening services. USNH Yokosuka screening services are limited to eligible beneficiaries.

Do you know your risk for Breast and Ovarian Cancer?

Department of Defense is helping you, [Guard Your Health](#) through an interactive tool created to take you on a journey and help you better understand some of the common factors that can influence your personal cancer risk.

By combining your family's health history and accounting for lifestyle factors, you will not only learn more about your risk, but also what actions you can take starting today for "brighter" breast and ovarian health outcomes. I took mine, and I'm glad that I did!

Disclaimer: This tool is available for educational purposes only and should not be interpreted as medical advice. Be sure to partner with your medical provider to develop the best personal care strategy for you.

Please contact you PCM (primary care manager) for more information about USNH Yokosuka screening services for you. Call the central appointment line at DSN 243-2352, or commercial 046-816-5352.





U.S. NAVAL HOSPITAL YOKOSUKA

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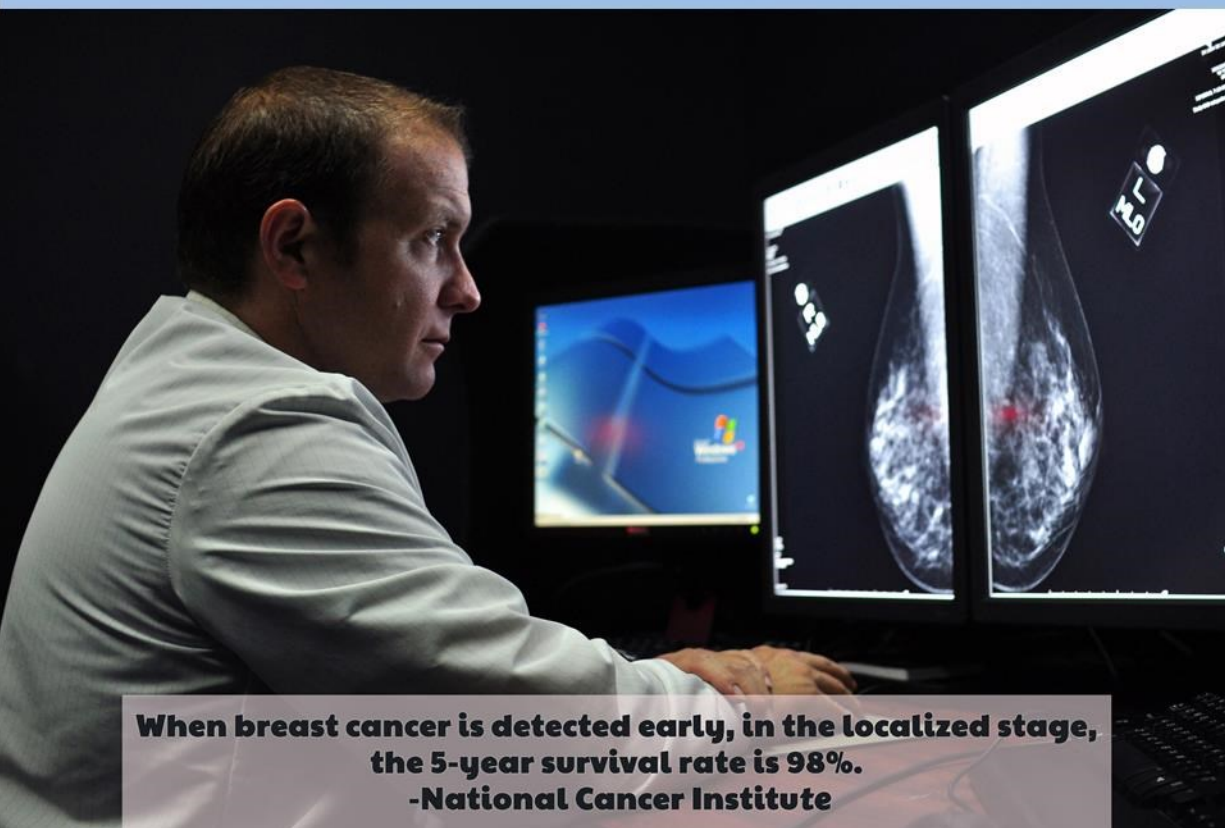
HEALTH PROMOTION

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Are you up to date on your breast cancer screening?



How often should you get breast cancer screenings?

- Have a clinical breast exam every 1-3 years starting at age 25, and then every year starting at age 40
- Have a mammogram every year starting at age 40 if you are at average risk
- Talk to your doctor if there is a history of breast or ovarian cancer in your family, particularly at a young age. You may be at higher risk and need earlier screening.
- If you are a woman over 40 and meet certain criteria, you may schedule your screening mammogram without seeing your PCM first.

**When breast cancer is detected early, in the localized stage, the 5-year survival rate is 98%.
-National Cancer Institute**

For Mammogram Self-Referral

Dial#: DSN 243-5534 or

Commercial at 046-816-5534

Please contact your PCM (primary care manager) for more information.

Central Appointment line Dial#: DSN 243-5352 or Commercial at 046-816-5352



Reduce Your Risk Of Osteoporosis

Dietary and Lifestyle Habits to Keep Your Bones Strong: Reducing the Risk of Osteoporosis

By: Lt. Pamela Cole Registered Dietician-Nutritionist
U.S. Naval Hospital Yokosuka

Foods with calcium, vitamin D and vitamin K should be consumed daily

This trio of nutrients all work together to keep bones healthy. Calcium is a structural component of bones, vitamin D works as a hormonal signal that oversees the absorption of calcium, and vitamin K helps to support cells that make new bone tissue. Getting enough calcium is crucial to maintain strong bones. If blood calcium levels are too low, the body will raise the level by leeching out calcium from bone stores. A diet without consistent calcium intake can leave bones weaker.

Vitamin D sources: Eggs, fortified cereals, fortified low fat/lite yogurt, skim & 1% milk

Calcium sources: Black eyed peas, broccoli, fortified cereals/oatmeal/soymilk, lite dairy products, pink salmon & sardines packed in bones, tofu, turnip greens

Vitamin K sources: Broccoli, Brussels sprouts, cabbage, collards, kale, mustard greens, spinach, Swiss chard, turnips, watercress greens.

Avoid smoking and heavy alcohol use

Some of the toxins in cigarettes are deadly to bone building cells and chronic alcohol consumption is associated with reduced bone formation and increased risk of fracture.

Don't overdo it on protein Of course getting enough protein is important to build bone and muscle, but too much protein causes the kidneys to excrete high levels of calcium in urine.

Use free weights for resistance training Using individual weights in each hand will work muscles and bones more than using a machine for resistance training. Weight training under the right guidance has benefits for all ages. Those who are under 30 have yet to reach their peak bone mass and can still pack on plenty of bone tissue with hard work. Those over 30 will begin to slowly lose bone mass over time, but challenging weight training can slow down the loss.



For more information contact:

Lt. Elaina Ortiz RDN: Elaina.Ortiz@med.navy.mil

Lt. Pamela Cole MS, RDN, CSSD: Pamela.Cole@med.navy.mil



Fit Before, During and After Pregnancy

Exercise Tips for a Fit Pregnancy By Guard Your Health

Your body will go through many changes before, during and after childbirth. Weight gain is healthy and necessary when you're pregnant. Women with a normal body mass index, or BMI, will most likely gain 25 to 35 pounds (up to 45 pounds for twins).

Although, weight gain and fatigue can make staying in shape more challenging than ever, it's especially important for women to maintain a good level of fitness. There are several methods to maintain pre- and post- natal fitness.

Pre-Natal Fitness. Regular, moderate exercise will help decrease uncomfortable pregnancy symptoms, prevent diabetes, relieve stress, and build stamina needed for labor and delivery. Consistent exercise will also make it easier to bounce back to your normal weight and fitness level. Experts recommend healthy women get 30-minutes of low-impact, aerobic exercise seven days a week.

Working Out During Pregnancy. Consult with a health care professional before beginning a new workout routine. Pay attention to your activity level and listen to your body so you don't overdo it. A combination of low-impact exercises like swimming, walking, and low-impact aerobics is a good way to stay fit while protecting your baby. Make sure to let your instructors know that you're pregnant. Avoid twists, pulsing abdominal crunches, and lying flat on your back after the second trimester.

Post-Natal Fitness...Shedding the Baby Weight. Most women can safely resume low-impact exercise one to two weeks after giving birth, but make sure to get your doctor's approval first. Post-natal exercises can include walking, swimming, or biking and strength training. And if you're working out with your baby, find ways to exercise with your baby. Simply walking while pushing your baby in the stroller is great exercise. Check with installation fitness facilities, for information on yoga, stroller, and other exercise classes you can share with your baby.

For more information: Take a look at [Getting Back Into Shape After Pregnancy](#) from Military OneSource, Also find numerous Women's Health resources at [Centers for Disease Control and Prevention](#), and [Women's Health Portal \(WHP\)](#), sponsored by U.S. Army Public Health Command.





Health Promotion Services

TOBACCO CESSATION AND PREVENTION COURSE

QUIT TOBACCO
make everyone proud



Courtesy: www.ucanquit2.org/

Tobacco Cessation and Prevention course consists of facilitator led sessions discussing nicotine addiction and how tobacco users can direct their own path to quit and stay quit. In recognition of Tobacco-Free Living month of November, join USNH Yokosuka Health Promotion, starting in November, with more Tobacco Cessation class options:

Contact Health Promotion to schedule your spot in a class today!

Session 1: Understand why you use tobacco products and how they affect you and those around you.

1st Tuesdays, 0700-0800

1st Tuesdays, 1300-1400

1st Tuesdays, 1700-1800

3rd Tuesdays, 1700-1830

Session 2: Mastering the first few days of quitting.

1st Thursdays, 0700-0800

1st Thursdays, 1300-1400

1st Thursdays, 1700-1800

3rd Tuesdays, 1700-1830

Session 3: Mastering obstacles of quitting.

2nd Tuesdays, 0700-0800

2nd Tuesdays, 1300-1400

2nd Tuesdays, 1700-1800

3rd Thursdays, 1700-1830

Session 4: Enjoy staying quit!

2nd Thursdays, 0700-0800

2nd Thursdays, 1300-1400

2nd Thursdays, 1700-1800

3rd Thursdays, 1700-1830

Fleet Rec Center, Rm 323, or Call 243-9776 / 046-816-9776, Email: HP@med.navy.mil

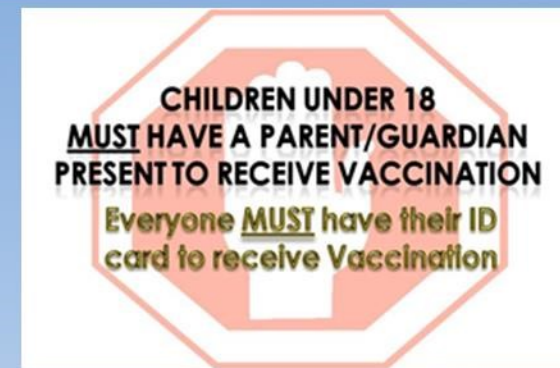


U.S. NAVAL HOSPITAL YOKOSUKA

2014-15 INFLUENZA VACCINATIONS



Influenza Vaccinations available to Family Members, Retirees, DoD civilians, Contractors, Healthcare, Childcare, first responders, and other beneficiaries of care.



Date	Time	Location
29 Sep – 02 Oct	1400-1900	Kinnick High School
06 – 09 Oct	1400-1900	Kinnick High School
15, 16, 17 Oct	1600-1930	Ikego Housing Bubble Gym
18 Oct	1230-1430	Negishi Housing, Gym
24, 25, 26 Oct	1200-1700	Main NEX, Red Brick Area

All active duty and healthcare staff are required to attend their scheduled vaccination days provided by their command, after which they must report to USNH building E22, Room 120 during normal working hours for influenza vaccination.

As of October 27th dependents and other beneficiaries should visit the USNH Yokosuka Immunizations Clinic for their flu vaccinations.

For more information please contact USNH Yokosuka Preventive Medicine:
243-5026/6184/2730 or NHYokosuka-PreventiveMedicine@med.navy.mil



Monthly Nutrition Classes at USNH Yokosuka

Prenatal Nutrition Class

2nd Friday of every month at 1400.
Please call 243-7128 to reserve a seat.

Diabetes Support Group

Last Tuesday of every month at 0930.
Please call 243-7128 to reserve a seat.

Weight Management Nutrition Class

Last Tuesday of every month at 0930.
Please call 243-7128 to reserve a seat.

These classes are taught by USNH Yokosuka's Registered Dietitians and are a way to educate the members of the community about a healthy lifestyle, highlighting key points of nutrition while busting some of the myths. Classes are available to civilians, military, and contractors registered in the DEERS system.





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October 2014

Women's Health

SUN	MON	TUE	WED	THUR	FRI	SAT
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	1 TOB CESS & PREV 1300-1400 HFA 1400 & 1430	2 HFA 0800, 0830, 0900, 0930 & 1000	3 Pink Friday	4
5	6 HFA 0800, 0830, 0900, 0930 & 1000	7 HFA 0800, 0830, 0900, 0930 & 1000	8 TOB CESS & PREV 1300-1400 HFA 1400 & 1430	9 HFA 0800, 0830, 0900, 0930 & 1000	10 Pink Friday	11
12	13 HFA 0800, 0830, 0900, 0930 & 1000	14 HFA 0800, 0830, 0900, 0930 & 1000	15 TOB CESS & PREV 1300-1400 HFA 1400 & 1430	16 HFA 0800, 0830, 0900, 0930 & 1000 Ladies Luncheon O club 1100-1400	17 Pink Friday	18
19	20 HFA 0800, 0830, 0900, 0930 & 1000	21 HFA 0800, 0830, 0900, 0930 & 1000	22 TOB CESS & PREV 1300-1400 HFA 1400 & 1430	23 HFA 0800, 0830, 0900, 0930 & 1000	24 Pink Friday	25
26	27 HFA 0800, 0830, 0900, 0930 & 1000	28 HFA 0800, 0830, 0900, 0930 & 1000	29 TOB CESS & PREV 1300-1400 HFA 1400 & 1430	30 HFA 0800, 0830, 0900, 0930 & 1000	31 Pink Friday	

HEALTH FITNESS ASSESSMENTS (HFA)

An HFA uses Body Composition Analyzer to assess certain parameters of your body & provide you with your current state of health and fitness. You will be provided recommendations on setting realistic goals & preparing a personalized plan to meet those goals. Initial appointments are available in 1-hr increments Mon, Tues, & Thurs at 0800, 0830, 0900, 0930 & 1000, as well as Weds 1400 & 1430; Follow-up weigh-in appointments are available by walk-in when office is open. Contact Health Promotion today to setup an appointment! ***BE SURE TO CONSULT A PHYSICIAN BEFORE BEGINNING ANY NEW FITNESS PLAN.**

USNH HEALTH PROMOTION
Fleet Rec Center, Rm 323
243-9776 / 046-816-9776 /
HP@med.navy.mil

TOBACCO CESSATION & PREVENTION:

This course consists of 4 class sessions where public health strategies and evidence-based medicine are used to address nicotine addiction. The goals of this program are: reduce initiation of tobacco use, increase tobacco cessation, and reduce environmental tobacco smoke. Contact Health Promotion to schedule your spot in the course today!