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A HEALTHY LIFESTYLE

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Your Physical Backpack

Top 8 Outdoor Workouts

The Ultimate Out  
of Gym Experience

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Great Outdoors

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# YOUR PHYSICAL BACKPACK

By Dave Hawk

## WHAT'S IN YOUR BACKPACK?

"Always be prepared" doesn't just apply to Boy Scouts. When you hit the wilderness, you need to have supplies for the unexpected. Here's what you need in your backpack, whether you're planning an all-day hike or a two-hour trail walk.

- **FIRST-AID KIT:** An obvious no-brainer. Assemble your own, or pick one up at the store. Make sure it has the basics: bandages (different sizes), gauze, antibiotic ointment and antiseptic wipes. See [redcross.org](http://redcross.org) for more.
- **CANTEEN FULL OF WATER:** If you're a little more hard core, water purification pellets are available that help make wilderness water more potable.
- **DRY SNACKS:** Nutrition bars, dried fruit, jerky, nuts or other light, nutritionally dense foods will help keep your energy high.
- **POCKET KNIFE:** Better yet, invest in a Swiss Army knife or other multi-tool implement that can be utilized for any eventuality.
- **RAIN PONCHO:** You never know when Mother Nature turns on you, so pack a thin, light, easily foldable waterproof covering.
- **MATCHES:** Again, stuff happens. If you get lost and become cold, a box of matches can be a godsend.
- **COMPASS + AREA MAP:** You may have a portable GPS, or even your smartphone with you, but there's no guarantee that you'll have a signal, so pack a reliable compass.
- **BUG REPELLENT:** You're going to need it if you're trudging around swampy areas or places with a lot of streams, lakes and ponds.
- **SUNSCREEN:** Obviously, if you're hiking in a heavily wooded area, this isn't as essential; but if you're in desert terrain or walking across large, treeless areas, you need to protect your skin with a minimum of SPF 15, SPF 30 for those with sensitive skin.
- **LOCAL KNOWLEDGE:** This may not be something you carry in your backpack, but you should take a few minutes to learn what potential dangers (e.g., poisonous snakes or plants) or other hazards may be lurking out there.

FEATURING

## Christina Carrillo >>

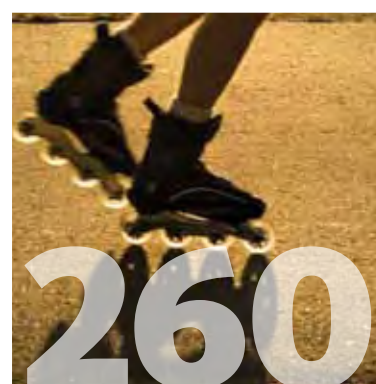
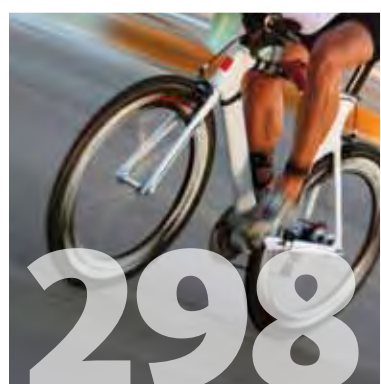
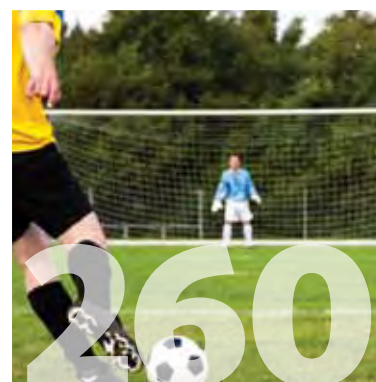
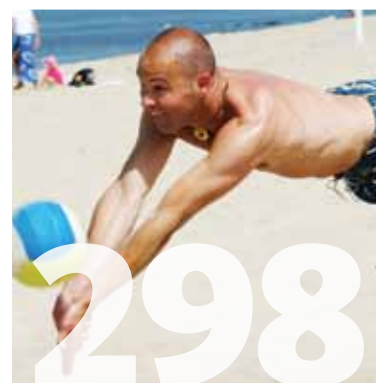
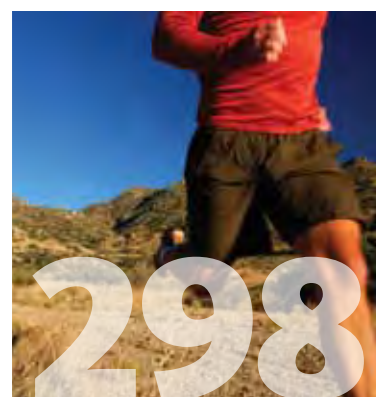
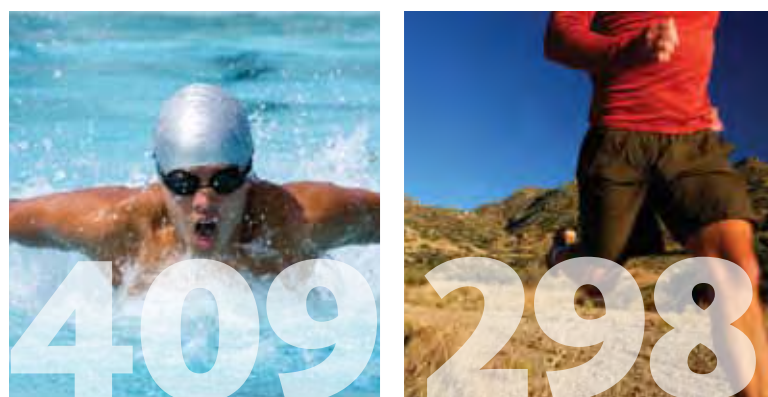
NASM Certified Personal Trainer, ACE Certified Group Fitness Instructor, Personal trainer and host of Operation BeFit. See Christina's fitness tips on EXT V and online on our YouTube channel.

Health and fitness has been my passion since I was 15 years old. My first venture into fitness was at a studio called Fit and Fearless where I trained in the Israeli martial art form of Krav Maga. Not only did I fall in love with the intense workouts, I knew then that I was called to be a personal trainer. From there I took college weight training classes and began working at every different gym I could to get more knowledge. At the age of 18, I became a certified personal trainer through the National Academy of Sports Medicine. I then received my group fitness certification through the American Council on Exercise. Personal training is everything I had dreamed of and more and I hope to impart some of my energy, enthusiasm, and passion to everyone.



# TOP 8 OUTDOOR WORKOUTS

## CALORIES BURNED PER HOUR FOR A 155-LB PERSON



Summer's here, you finally have the day off and you can't wait to get out in the sun. Why not burn a bunch of calories while enjoying the heat? Here are the top 8 outdoor workouts to get the most out of your summer fun, along with the amount of calories each activity burns.

**SWIMMING:** (crawl or butterfly): It may be the best outdoor workout you can do. The intensity of your swimming makes a difference in calories burned, so it's up to you how much you want to get out of this great full-body workout.

**ROCK CLIMBING:** (ascending) You can expect an excellent workout by climbing any gradient, whether you need to utilize your hands or not for the ascent.

**WATER POLO:** If you have access to a pool, organizing a game of water polo can be a lot of fun and an amazing workout. Great for families, because you can play polo in shallow water with kids.

**BICYCLING:** (12-13.9 mph): You can make this workout as intense as you want by going hard on hilly terrain or coasting through level, scenic areas. Just remember to wear a helmet and ride safely.

**RUNNING:** 5 mph (12 min/mile): If it's not too hot, running or jogging can be a pleasant experience this time of year. Just don't hoof it to an ice cream parlor and call it even.

**BEACH VOLLEYBALL:** This is an effective workout but just remember to wear plenty of sunscreen with SPF 30 at least!

**SOCCER:** This is "running with a purpose" and perfect for the whole family. Burns a lot of calories, unless you take the easy way out and play goalie.

**ROLLER BLADING:** Strap on skates and have an adventure while enjoying aerobic exercise that tones and strengthens your lower body, especially the glutes.

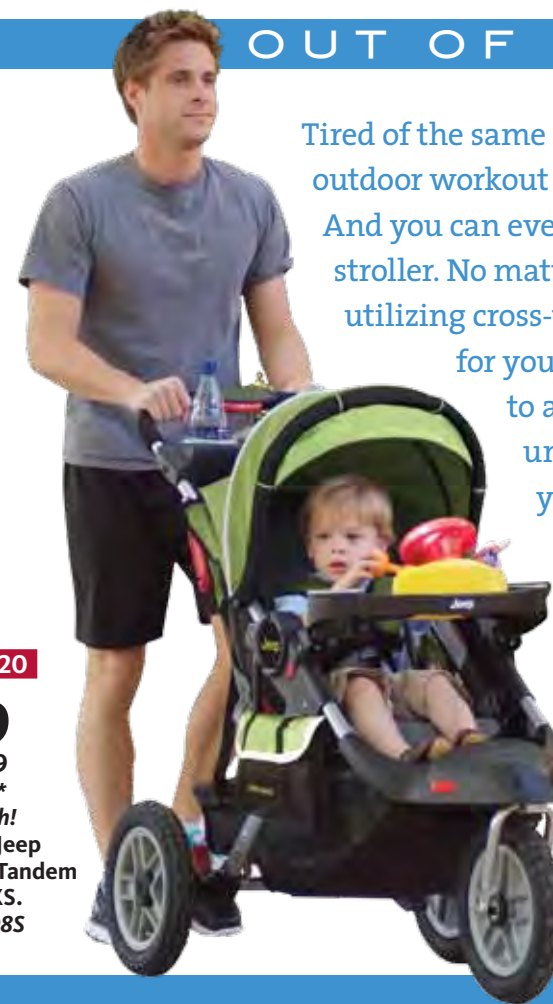
*\* Don't forget to keep hydrated. Whenever getting physical in summer heat, remember to drink plenty of water, and if you feel overheated, fatigued or thirsty, stop what you're doing and cool down.*

By Dave Hawk

# THE ULTIMATE

By Dave Hawk

## OUT OF GYM EXPERIENCE



Tired of the same old gym routine? Then try this creative outdoor workout that will help keep you fit in the fresh air. And you can even do it with your kids if they're still in a stroller. No matter your goals (weight loss, body shaping, etc.), utilizing cross-training techniques will give you more bang for your buck. Outdoor cross training can be adapted to all terrains, whether urban or rural, to create a unique and individual fitness experience. Before you begin, remember to:

- 1) Wear proper footwear and workout attire.
- 2) Wear sun block (SPF 15 minimum).
- 3) Pay close attention to your surroundings. Watch out for dangerous obstacles, such as traffic or aggressive dogs.
- 4) Carry water to prevent dehydration.

Here's one way to do an outdoor cross-training workout. The beauty of this system is that you can design what works best for your body, current fitness level, time, convenience and environment. It's all up to you.

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## STATION 1

The warm-up: Brisk walk for 10 minutes.

- 1) Perform 10 to 20 jumping jacks and then drop to the ground and do 10 to 20 push-ups. Stand up immediately and try to do 10 to 20 more jumping jacks, then drop back to the ground for 10 to 20 push-ups. This equals one set. Do 2-3 sets.
- 2) Running in place (cardio high step): While running in place for 1 minute, bring your knees and thighs as high as possible. Rest 30 seconds and repeat. Rest 1 minute. Repeat the warm-up, brisk walk for 10 minutes.

## STATION 2

Find an area outdoors where you can perform these exercises safely. It may be a park or beach area with a jungle gym. Even some school playgrounds during off hours are accessible.

- 1) **Chin-Ups:** (or modified chin-ups). Perform 5 to 15.
- 2) **Ab Crunches:** Lie on your back with your legs at a 45-degree angle. With your hands crossed on your stomach, raise and lower your head, shoulders and chest toward your knees. Do 10 or more of these.
- 3) **Leg Flies:** While still on your back, place your hands under your hips, straighten your legs and tuck your chin against your chest. Raise your legs six inches off the ground and alternately move them up and down. Keep your abs tight and perform the exercise for 15 to 45 seconds.
- 4) **Side Bends:** Stand up with your feet shoulder-width apart. Place your arms at your sides begin and to the right and then to the left. Do 10 to 20 reps per side.
- 5) **Toe Touches:** Touch your toes with both hands, alternating between the right and left foot. Perform 10 to 20 reps per side.
- 6) **Rest, Run, Walk, Repeat:** Rest 1 minute. Repeat this entire set 2 more times for three total. Run in place for 1 to 2 minutes. Walk for 1 minute and repeat.

## STATION 3

Single leg squats and Lunges:

- 1) **Squats:** Stand with your feet together. Place your right hand on a tree and with your left hand, grab your right foot. Now balance on your left leg and slowly bend at the hips and into a squat position until your left quad is parallel or close to parallel with the ground. Perform 10 to 15 squats per leg.
- 2) **Lunges:** Stand with your feet shoulder-width apart then step forward. You should be able to see your toes at all times. Perform 10 to 15 reps per side.
- 3) **Rest 1 minute and Repeat** this set 2 more times for three total. Finish with a light jog for 5 to 10 minutes.

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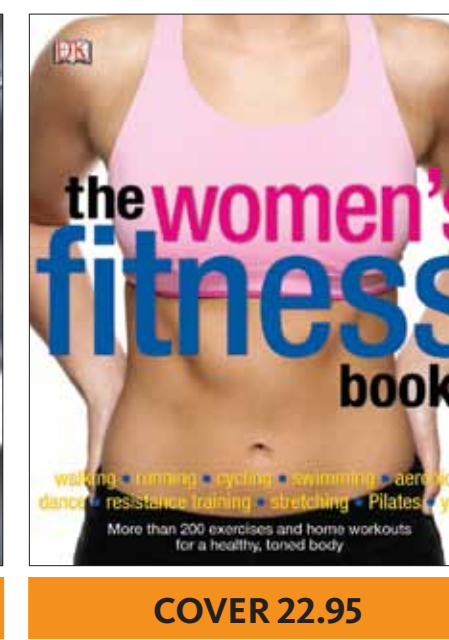
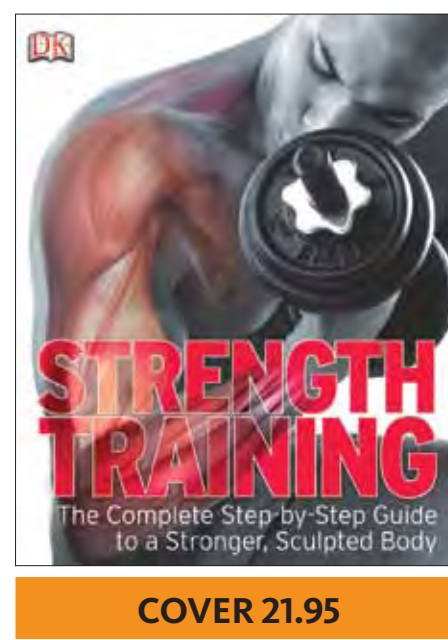
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# FUELED for FUN

By Kate Schrumm

Next time you head out for an outdoor adventure – whether it is hiking, biking or for a relaxing family picnic - make sure you pack healthy snacks to keep you energized and ready for a fun filled day.

If you are planning to be out all day, you will need a mix of foods and fluids to be at your best. Your local Exchange store or Express offer several great snacks that are full of nutrition and easy to carry. To get enough fuel without carrying too much extra weight, trail mix, granola or sport bars are a great choice. Make a homemade trail mix with nuts, raisins, pretzels and your favorite cereal. If you have a little more space in your bag, grab some whole wheat bread, peanut butter and jelly and make a sandwich. Add some fresh fruit and vegetables to round out your meal and get some additional vitamins and minerals. For high impact activities lasting more than an hour like running or

mountain biking, sports gels, beans, chews or a sports drink will give you fast energy and electrolytes.

Planning a picnic? Pack your basket and cooler with whole grain crackers or bread, sliced cheese and lean deli meat, whole fruit or fruit cups in 100% juice, unsweetened applesauce, Greek yogurt, hummus and pita chips and fresh vegetables or salad. Have some time to prepare? Make tuna fish, egg or chicken salad sandwiches with ingredients from the Express.

Regardless of your plans, having adequate fluids is always important. Grab bottled water or a sports drink to stay hydrated especially as the summer temperatures climb. Want flavor without the calories? Add a calorie-free flavor packet or choose unsweetened tea.

For healthy choices for every day wellness, check out the guidelines for Operation Be Fit items on [opbefit.com](http://opbefit.com).

**SUMMER VEGGIE MIX**

So many vegetables are in season this time of year, which gives you the perfect opportunity for a great healthy snack. Fresh vegetables are a delicious way to get your some of your daily carbohydrates and fiber. Most people get their daily vegetable servings from salads. While salads are very nutritious, they are not very good for being stored because lettuce doesn't stay fresh very long. So next time you need a snack on the go, try this veggie mix.

**INGREDIENTS:**

- 1/2 a large sliced cucumber
- 1 cup of cherry tomatoes
- 1 cup of sliced carrots
- 1/2 cup of black or green olives
- Add any of your favorite fresh veggies
- 2-3 tbsp. of low fat vinaigrette (just enough to lightly glaze the veggies).

Store in refrigerator

Christina Carrillo©

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# BeFit Personal Trainer

**Q:** I'm a 38-year old female. I used to be heavy, but I've been able to lose 20 pounds over the past few years. I'm proud I was able to do that, and I feel great, but I have stretch marks left over from the weight reduction. My mother suggested rubbing vitamin E on them, but I didn't see much of a difference after I tried it. Do you have any suggestions?

**A:** Anybody who gains and loses weight quickly can be left with noticeable residual stretch marks on their bodies. While stretch marks are relatively common and not a health problem, they can be difficult to get rid of. Used as a topical, vitamin E is a powerful antioxidant that can help prevent certain diseases and counter free radical damage to the skin. Free radicals can break down the collagen and elastin in skin and cause wrinkles, marks and sagging skin. Collagen and elastin make up the basic structure of our skin, so we want to try and keep that structure intact for as long as we can, especially as we age. This is why your mom recommended vitamin E, and why vitamin E is included in numerous skin lotions, gels and creams.

Vitamin E definitely helps to reduce and prevent skin damage, but it sounds like you may need to consider supplementing collagen orally or possibly rebuilding your own collagen by applying transdermal peptide (Collagen producers) like NIA-114. Collagen has been called the most important building block in the human body. It comprises over a third of your body's proteins. It makes up 75% of your skin. It is a major supporting structure for your bones, joints, and vital organs. That's why collagen is essential for beautiful skin, hair, and nails as well as healthy bones and joints. But as we age beyond our mid 20's, collagen begins to diminish. By age 30, the signs are clearly visible.

Using a collagen supplement to applying an NIA-114 (collagen producer) enables you to repair skin damage and helps to rebuild skin layers, resulting in healthier skin that functions better and produces visible improvements in skin texture, tone as it dramatically reduces the appearance of deep lines, wrinkles and stretch marks.

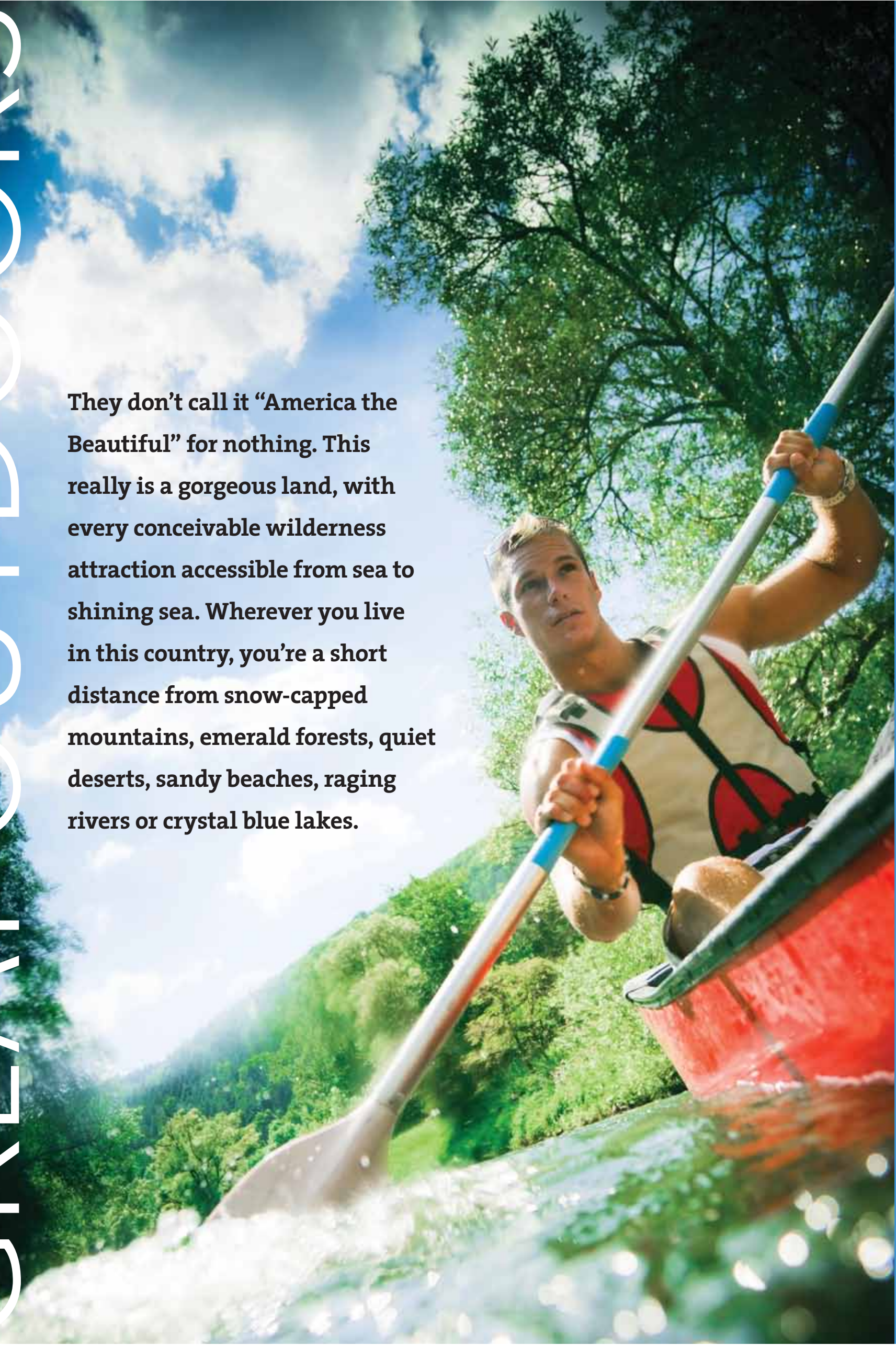
With any skin-care product that you consider supplement or topical, the process takes time. You may never get rid of the stretch marks completely but Collagen supplements help improve your skin's appearance and limit further damage.

By Dave Hawk, a former Mr. USA and Mr. World, and a consultant, personal trainer and adviser to NFL, NHL, UFC, WWE, TNA and NASCAR athletes.

For more BeFit Personal Trainer Q&A's by Dave Hawk, visit us at [opbefit.com](http://opbefit.com)

# GREAT OUTDOORS

**They don't call it "America the Beautiful" for nothing. This really is a gorgeous land, with every conceivable wilderness attraction accessible from sea to shining sea. Wherever you live in this country, you're a short distance from snow-capped mountains, emerald forests, quiet deserts, sandy beaches, raging rivers or crystal blue lakes.**



Enjoying America's natural treasures is more than a vacation; it's an adventure, and one that can be shared with the entire family. And with today's sophisticated camping and hiking accessories, you really don't have to "rough it", though there are advantages to taking some of the comfort out of the outdoor experience.

The place to start is with our National Parks system. Here's how to get the most out of your wilderness adventure.

- Visit the website for the National Parks Service at [nps.gov](http://nps.gov). It's a valuable resource that is easy to navigate and offers a state-by-state listing of parks and other attractions. It will give you plenty of ideas for the best destination for you and your family.
- Groups or associations you may belong to (such as AAA) offer special packages of wilderness adventures, such as white water rafting. Check them out.
- You'll create memories for a lifetime. Wilderness trips can be a bonding experience for families. Even the simple act of fishing with one of your kids can be a character-building activity that teaches patience, while engendering respect for the environment.
- Serenity is great for your health. We live in an ALL CAPS world of noise pollution, relentless communication devices and crowded streets. There's a reason why people spend millions on sound machines of singing birds and babbling brooks. But nothing beats the real thing.
- Kids imagine camping to be boring until the campfire starts, the marshmallows come out and the ghost stories start spilling. Think of other fun activities you enjoyed when you were young.
- Outdoor adventures help children learn to appreciate their country in a deeper, more emotionally connecting way. Nothing says "land of the free" like a walk through America's natural splendors.

By Dave Hawk

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Charleston AFB  
Davis Monthan  
Dobbins ARB  
Dover AFB  
Dyess AFB  
Edwards AFB

Eglin AFB  
Eielson  
Ellsworth AFB  
Fairchild AFB  
F. E. Warren AFB  
Ft. Belvoir  
Ft. Benning  
Ft. Bliss  
Ft. Bragg  
Ft. Buchanan  
Ft. Campbell  
Ft. Carson  
Ft. Dix/McGuire  
Ft. Drum

Ft. Eustis  
Ft. Gordon  
Ft. Hamilton  
Ft. Hood  
Ft. Huachuca  
Ft. Irwin  
Ft. Jackson  
Ft. Knox  
Ft. Leavenworth  
Hickam AFB  
Hill AFB  
Holloman AFB  
Hunter AAF  
Hurlburt Field  
JB Elmendorf-Richardson

Ft. Riley  
Ft. Rucker  
Ft. Sam Houston  
Ft. Sill  
Ft. Stewart  
Ft. Wainwright  
Goodfellow AFB  
Hanscom AFB  
Luke AFB  
MacDill AFB  
Malmstrom AFB  
March ARB  
Maxwell AFB  
McClellan AFB

JBLM - Lewis Main  
JBLM - McChord Field  
Keesler AFB  
Kirtland AFB  
Lackland AFB  
Langley AFB  
Little Rock AFB  
Los Angeles AFB  
Luke AFB  
MacDill AFB  
Malmstrom AFB  
March ARB  
Maxwell AFB  
McClellan AFB

Minot AFB  
Moody AFB  
Mountain Home  
NAS Ft. Worth JRB  
Nellis AFB  
Offutt AFB  
Patrick AFB  
Peterson AFB  
Randolph AFB  
Redstone Arsenal  
Robins AFB  
Presidio of Monterey  
Schofield Barracks  
Scott AFB

Selfridge ANG  
Seymour Johnson  
Shaw AFB  
Sheppard AFB  
Tinker AFB  
Travis AFB  
Tyndall AFB  
USAF Academy  
U.S. Military Academy  
Vandenberg AFB  
Wright-Patterson AFB

**Europe**  
Aviano  
Bamberg\*  
Baumholder\*  
Chievres\*  
Grafenwoehr  
Hainerberg/Wiesbaden  
Heidelberg  
KMCC  
Lakenheath  
Mainz-Kastel  
Panzer  
Schweinfurt\*  
Vicenza\*

**Pacific**  
Andersen  
Casey\*  
Foster  
Humphreys\*  
Kadena  
Misawa  
Osan  
Walker\*  
Yokota  
Yongsan  
Zama\*

\* Merchandise items may not be available at these overseas locations. This event is open only to authorized patrons. Shop early for the best selection. Quantities are limited to stock on hand. No rainchecks will be given. Take advantage of our **FREE** Standard Shipping offers. See details at [shopmyexchange.com](http://shopmyexchange.com)