



Tis' the season for good food & cheer Moderation is key: Excess = Weight Gain !

We're fat....and getting fatter

- The verdict comes from the U.S. Surgeon General, the Surgeons General of the uniformed services, and the Centers for Disease Control and Prevention, the National Institutes of Health...and just about any health care expert you'd care to ask.
- Two-thirds of Americans are overweight, including the one-third who can be classified as obese.
- Julie Gerberding, director of the Centers for Disease Control, now calls overweight the nation's number-one health problem.
- Military service members, once considered models of robust health and physical fitness, are now known to be as equally susceptible to the American overweight problem as civilians.
- Indeed, one alarming survey, published in 2003, reported that military children are classified as overweight at a higher rate than children in the general American population.

Some tips to help you make your holiday season a healthy one!

- Keep an eye on your portion sizes, eat a large variety instead of a large portion and include healthy choices. On the day of a party, be sure to eat regularly all day long., you probably will find you aren't tempted to go overboard and eat everything in sight
- Avoid wasting calories on alcoholic beverages. The average alcoholic drink contains 150-200 calories per glass
- Commit to do just 15 minutes of exercise. You'll probably end up doing more than that once you get started. Even if you only end up completing 15 minutes, it is still a lot better than zero minutes.
- Exercise at home; schedule your workouts on the calendar and set-aside time to complete them.
- When running errands or shopping be sure to pack some healthy snacks to have on-hand.

Below are links that provide more information about good nutrition and healthy choice programs:

<http://www.tricare.mil/healthychoices/loseweight.cfm> Tricare source, multitude of resources at one site!

<http://win.niddk.nih.gov/publications/index.htm> National Institute of Diabetes & Digestive & Kidney Diseases

WE NEED YOUR FEEDBACK!

We are requesting that when you utilize the medical system in your area to please take the time to fill out the electronic customer survey from ISOS. Without your input we can not make improvements or work with ISOS to better services to our beneficiaries in the remote regions. Please contact ISOS at 65-6-338-9277 for your healthcare needs. If there are health care issues/questions you have please contact us at TPHI@med.navy.mil.

Sincerely,
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