


# Health and Wellness Center

## July 2012



HOURS: Mon-Fri: 0730-1630 (Excluding holidays and down days)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 BE-WELL 0900-1200	4 	5  Family Day	6
9	10 Strength Training- 0800-0945	11 FITT 101- 0800-0900 PTL Leader Refresher 0900:1100 Tobacco Cessation Class 1- 1130-1230	12 Cool Running 0800-0900 BE-WELL 1300-1600	13
16	17 BE-WELL 0900-1200	18 PTL- 0830-1500 Tobacco Cessation Class 2- 1130-1230	19	20
23	24	25 Tobacco Cessation Class 3- 1130-1230	26 BE-WELL 1300-1600	27
30	31 BE-WELL 0900-1200			

## Community Education

**Tobacco Cessation:** We provide education for those who wish to stop smoking at our in house 4 week classes currently at 1130-1230. Sign up by calling HAWC at **456-8046** or your UFPM.

We also offer access to counselors at the American Lung Association hotline, **877-695-7848**

Patches and/or medication are provided by the 2MDG for hotline callers eligible to use our pharmacy

Patches and/or medication are provided by the 2MDG after starting tobacco classes or the ALA (American Lung Association) hotline

## Fitness

### **\*RIP (Run Improvement Program)**

**5 week program <Meets 3 days a week>**

Designed to improve your running by focusing on proper form and teaching the basics.

>personalized attention on form.

>Improved Muscular strength and Endurance.

>injury prevention

>improved running Posture

>Improved flexibility, mobility and Balance.

### **\*CoolRunning: Run faster, Easier and injury free.**

This class is intended to teach proper running mechanics and get you started on a progressive program.

### **\*Strength Training: Can help you look good...and feel better!**

>Learn proper weight training techniques

>Learn strength training concepts

>How to build a strength program to obtain optimal fitness.

### **\*FITT 101- (Frequency, Intensity, Time, Type) Don't know where to start? Need help creating a program for YOU?**

**FITT 101** is a motivating class to help those just starting or returning to a healthier lifestyle. If you're interest in feeling **STRONGER, HEALTHIER,** and more **ENERGIZED.**

For information on Cool running, Strength training and FITT 101 please contact

**Leah Beckham** at 456-8046

\*Squadron UFPM's can sign you up for above classes

**Be Well Program:** Designed for individuals seeking to improve their health and fitness. This program will include general fitness and nutrition information as well as classroom activities to help you identify personal goals, set realistic expectations for improvement, and build a plan to help you overcome common barriers and appreciate enhancers for success. Instructors include a behavioral health provider, a physical fitness expert, a registered dietitian, and aerospace physiologist. \*Mandatory for FA Failures

For information on Health Promotion and prevention or the Be Well Program, please contact the HAWC 456-8046

**PTL:** With the AF fitness program, it is important to instruct fitness leaders on proper safety and effective exercises. These classes guide the squadron physical training leaders in everything they need to know about fitness and how to set up a fitness plan. Mandatory for PTLs.

**PTL Refresher:** Show proof initial was within 12 months and current in CPR

Please contact our Exercise Physiologist Arletta Thompson at [Arletta.EldridgeThompson@Barksdale.Af.Mil](mailto:Arletta.EldridgeThompson@Barksdale.Af.Mil) or 456-6851 for more information about PTL class