



**CYBER HEALTH  
INFORMATION  
CORNER**

Here are some recommended websites that you can use to live healthier. Please feel free to contact us with any questions or concerns you may have@  
Appt line: 456-6555.

**Websites:**

Diabetes-  
[www.diabetes.org](http://www.diabetes.org)

Children-  
[www.healthychildren.org](http://www.healthychildren.org)

Deployment-  
[www.afterdeployment.org](http://www.afterdeployment.org)

Symptom Checker-  
[www.familydoctor.org](http://www.familydoctor.org)

General-  
[www.triwest.com/en/beneficiary/healthy-living](http://www.triwest.com/en/beneficiary/healthy-living)

(Supplemental information only, not to replace medical advice from your Primary Health-care Provider)



<http://www.facebook.com/barksdaleafbclinic>



# 2D MEDICAL GROUP NEWSLETTER



Asthma/Allergy Month

AF Fitness Month

## Exercise is Medicine by Ms Arletta Eldridge-Thompson, Exercise Physiologist

The Air Force is committed to encouraging physical activity for the health benefits it brings all people. In May 2008 the American College of Sports Medicine and the American Medical Association launched the first ever Exercise is Medicine Campaign. This initiative was formed to recognize, emphasize and celebrate the valuable health benefits of exercise on a national scale. As we prepare to observe Air Force Fitness Month and the Exercise is Medicine™ Month (May), the case is compelling:

-Exercise and physical activity are powerful medicine indeed, helping prevent or treat numerous chronic conditions such as hypertension, cardiac disease and diabetes.

-Research shows significant health benefits for those who engage in at least 30 minutes of moderate physical activity most days of the week.

-A recent survey by

American College of Sports Medicine (ACSM) reveals that, while four out of 10 physicians (41 percent) talk to their patients about the importance of exercise, they don't always offer suggestions on the best ways to be physically active.

-According to the same survey, nearly two-thirds of patients (65 percent) would be more interested in exercising to stay healthy if advised by their doctor and given additional resources.

If there were a drug that could so powerfully fight America's obesity epidemic and the health implications it brings, surely every physician would be eager to prescribe it. This is the impetus behind Exercise is Medicine™, a program of ACSM supported by the American Medical Association. **Able patients are advised to participate in at least 30 minutes of physical activity and 10 minutes of stretching and light muscle training five days a week.**

Let's observe Exercise is Medicine™ Month by taking these important steps:

-Ask a few questions about your health status the next time you visit your doctor. Are you at a healthy weight? Taking your current health status into consideration, what types of exercise are best and safest for you? Is there a certified trainer or registered dietician you should visit to improve your health?

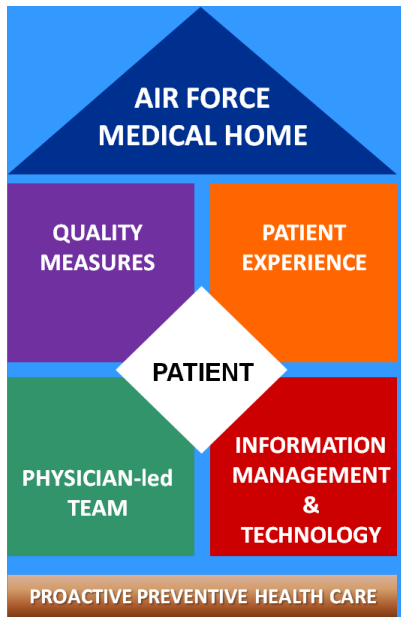
-Parents, give your children the gift of lifelong wellness by being a role model and supporting them in establishing a habit of lifelong physical activity. Have fun being active as a family.

To learn more about Exercise is Medicine, please visit

[www.exerciseismedicine.org](http://www.exerciseismedicine.org).

Let's all enjoy a regular, healthy dose of exercise!





# ATTENTION!!! CALLING ALL COUCH POTATOES!!!

## Turn off TV – Turn on Life!

Let's get TV-Free America! Get off that couch, turn off the television, computer or DVD player, get away from the screens and get active!

### Why would I want to turn it off, you ask?

Television screen time cuts into family time and is a leading cause of obesity in both adults and children. Excessive use of screens for recreational purposes leads to a more sedentary and solitary lifestyle, which can be unhealthy both mentally and physically. According to the American Academy of Pediatrics, most children watch three or more hours of television a day and see an average of 20,000 commercials in a year. This group of doctors suggests a maximum of 1 to 2 hours per day as a goal. Excess screen time has been linked not only to obesity but also to aggression, poor academic performance and even Attention Deficit Disorder symptoms.

### Here's a few facts:

The average child watches TV 4 hours a day

The average viewers see up to 20 acts of violence per hour

On the average, only 1 of 5 acts of violence on TV and in movies is properly punished

On the average, "good guys" carry out 2 of 5 acts of violence on TV and in movies

Parents spend only 40 minutes a week in meaningful conversation with their children

Young children watching TV may have difficulty accurately distinguishing reality from fantasy

## What's so great about turning off the TV?

### It works!!!

Turning off the screens gives us time to think, read, create, and do the things we never have time for. This allows us to connect with our families and engage in our communities. We feel good about ourselves as we grow more physically and mentally active. Won't you join parents, teachers, pediatricians, families, friends and neighbors by turning off your television? Simply turn off your TV and computer and use some of the strategies listed here to reconnect and revitalize your family.

Turn off Saturday morning cartoons and take your child to a local recreational center, park or skating rink.

Take the TV out of your child's bedroom. More than two-thirds of young children have a TV in their bedroom.

Make a family agreement to limit recreational screen time to less than two hours a day.

Encourage every family member to think of fun activities to keep moving, such as biking to school events or training together for a charity walk.

Grab a Frisbee or any kind of ball and go outside and throw or kick it around with your family

### And while the TV is on....

Do sit-ups, pushups, or run in place during commercials

Sit on a stability ball while watching TV to help strengthen core muscles

Use hand weights, resistance bands do strength training while watching TV

Use electronic screen media responsibly and then have more time for a healthier life!

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The Medical Group has developed a Facebook page, "Barksdale AFB-2d Medical Group." Please visit and "Like" us. Our page is packed full of information and loaded with additional helpful links. Come check us out!

<http://www.facebook.com/barksdaleafbclinic>



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