



## It's a New Year! Get help, get moving and get healthy!

The popular New Year resolution to get healthy by engaging in a regular exercise program is not a new proclamation for most of us and may still seem a daunting concept. But for 309 AMARG employees, there's some terrific news, a simple, personalized workout program is only a phone call away!

Whether you're looking for help to shed a few extra pounds, address muscle tone and strength or strictly the encouragement to begin a fitness program, AMARG's Wellness Advocate is here to help.

Believing it makes great sense to be fit in both mind and body, Mr. John McClusky, a counselor by trade and amateur body builder, customizes fitness routines to meet personal requirements--be it a desire to strengthen endurance through the use of weights or to mentally cope with stress.

"The obvious benefits of exercise are a healthier life, lowered stress levels and greater levels of mental alertness," said Mr. McClusky.

And, a well-rounded fitness program, according to McClusky, plays a large part in the success of the Air Force's Wingman Program which focuses on the physical, emotional, social and spiritual dimensions of its employees.

"Personnel with strong mental, physical, social and spiritual "fitness" have the ability to withstand, recover and grow in the face of stressors and my goal is to restore total fitness and balance," said McClusky.

"What better timing than now, with the holiday buzz over, to get started on achieving our wellness goals!" he said. "Together, we can sculpt a fitness program with the employee's goals in mind."

Fortunately, AMARG employees do not need to travel far to begin the physical layer of their program. The Group has its own gym which sports some of the most advanced pieces of exercise equipment available.

"Sure, it's always tough to begin a new program, it's difficult

to carve out enough time in an already busy schedule," said McClusky. "But the trick to achieve a successful workout program with phenomenal results is once you begin, don't quit," he said.

John suggests that while you exercise, make it the most important thing in the world at the time--because it is!

Here's to fulfilling that New Year's resolution of 2012 to become a healthier you!

If you'd like help in designing a personalized fitness program, contact John at 228.8877.



AMARG's Wellness Advocate, Mr. John McClusky, carves out some gym time at the end of a busy workday. Mr. McClusky believes in the total fitness of body and mind.

## AMARG employee makes a pact for good health

Every day, AMARG employees count on critical radio transmissions originating from Job Control employees like Mr. Doug Case. But for years, while alerting others of dangerous weather conditions, taxiing aircraft, road closures, and routing first responders to medical emergencies, Doug, was ignoring his own body's warning signs emerging in the form of high cholesterol and elevated blood pressure readings attributed to being dangerously overweight.

Taking the advice of his physician, Doug underwent lap band surgery in October, a technique designed to restrict the amount of food consumed.

Since surgery, Doug has lost 66 lbs and is currently following a fitness plan designed especially for him by Mr. John McClusky, AMARG's Wellness Advocate.

"It's amazing how two and one-half months can make such a difference," said Case.

Stating "it's a matter of making a commitment and following through," Doug also revealed that his motivation to succeed comes from his first grandchild, Alysia

Landree Seery. Alysia was born in April.

Doug derives his inspiration from Mr. Ray Montano, a co-worker who's shed almost 90 lbs. over the last two years after having the same surgery.

"It took years to put the weight on," said Doug. "I distinctly remember eating an entire 72 oz. steak to satisfy a bet," he said. "And although I still have the t-shirt, I'll never do that again," he continued with a smile.

These days, Doug doesn't eat anything special, he said he eats the same food as he always has, just smaller portions.

He wears a pedometer given to him by his physician and usually nails his daily goal of 10,000 steps.

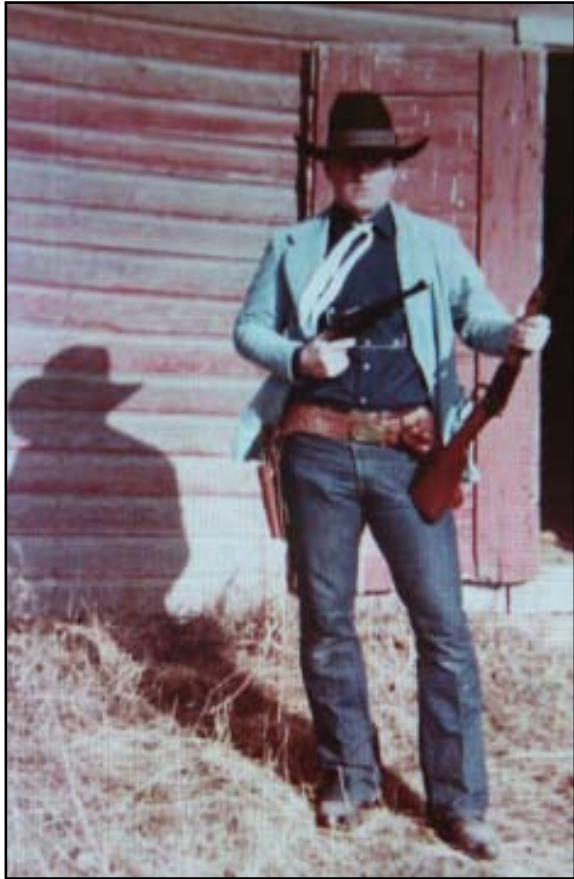
"I'm definitely going to keep it up, says Case. "My goal is to look like I did in 1982 when I was stationed at Minot AFB in North Dakota," he said. His ideal weight is 195 lbs.

Convinced that weight loss and exercise will improve, if not resolve, many underlying health

*Case story, from page 1*

issues; he beams from the proof as his doctor has already taken him off his prescribed cholesterol and high blood pressure medicines.

“I plan on being here for my granddaughter Alysia, and any others that may come along in the future,” he said.



*AMARG employee, Mr. Doug Case, has lost 66 lbs. since lap band surgery in October. His motivation for losing the weight is new granddaughter, Alysia Landree Seery. Left, a photo of Mr. Case taken in 1982 when he weighed 195 lbs., his ultimate weight goal.*

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