

Edwards AFB

"Road to Wellness"



Health and Wellness Center

HAWC Hours of Operation
0700-1600 Monday—Friday, closed
weekends and federal holidays

Check us out and "Like" our FACE-
BOOK page: "Edwards AFB Health
and Wellness Center (HAWC)"

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United States Air Force

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HAWC classes are available to Active Duty, Reservist/Guard, Retired military, their dependents, DoD civilians and contractors at no cost to you.

412 AMDS/SGPZ
208 West Popson Ave
Building 2204
Edwards, CA

Setting Realistic Goals

It is true that old habits are hard to break. At the beginning of the year, many of us made New Year resolutions that we intend to keep but experts have warned us that nine times out of ten, we will not be successful because we go about it the wrong way. For some people, if it is a habit that they want to break, they just decide to quit 'cold turkey' and endure the consequences; for others, if it is some good habit that they want to cultivate, they just dive into it head-first, and sooner or later get burnt-out.

What we do know from many studies is that the best approach to shedding bad habits or taking on good ones is to take gradual 'baby' steps; meaning setting realistic goals and working to accomplish those goals. When it comes to wanting to lose weight, the best way is not to go on a low fat/ low carbohydrate diet right away but to make small changes to your eating habits. Same is true for exercising or joining a gym.



One approach to setting goals that works pretty well is the SMART approach. It is an acronym designed to help you ensure success. The first step is to make sure that your goal is **Specific**. For example, if your goal is to get more exercise, you may be more likely to slide than if your goal is to join forces with a workout group or buddy or take up a new sport that you will like. The next step is ensuring that your goal is **Measurable**. Researchers from Harvard University's School of Public Health conducted a study and concluded that what matters for weight loss is how much you eat not what you eat. You will need to measure how much calories you eat for a daily diet in order to see changes in your weight. The reality check in this process is to reflect on whether your goal is **Attainable**. Can you truly loose six pounds in 6 weeks or would you be happier if you stretched it out to six months? The next step is being **Realistic** with your goal. You would have to ask yourself, is it realistic to only use willpower alone to quit smoking or to lose 20 pounds by the summer? Or would you need more time, more help and other behavioral modifications in order to meet your goal. The last step is **Timeliness**. You need to set realistic timeframe for your goal. This step is important so that when you reach your goal, you can reward yourself and ride on your sense of accomplishment to further other goals.

Commit To Tobacco-Free Lifestyle in 2013



Why Quit Now?

According to the CDC, people who stop using tobacco can greatly reduce their risk for disease and premature death. And the younger you are when you quit, the better your chance of avoiding these problems. When you commit to quit using tobacco, you will:

- Lower your risk for lung and other types of cancer.
- Reduce your risk for coronary heart disease, stroke, and peripheral vascular disease.
- Reduce respiratory symptoms, such as coughing, wheezing, and shortness of breath.
- Reduce your risk of developing chronic obstructive pulmonary disease (COPD), one of the leading causes of death in the United States.
- Reduce your risk for infertility if you are a woman in your reproductive years. Women who stop smoking during pregnancy also reduce their risk of having a low birth weight baby.
- Help protect your children, family, and friends from exposure to secondhand smoke that can cause immediate harm to those who breathe it.

Quitting Is Not Easy But Help Is Here!

Quitting tobacco use can be an uphill battle but fortunately there are resources to help you overcome this battle. The HAWC offers tobacco cessation classes/support group every Tuesday at noon in building 2204 (next to the Fitness Center), medication, access to quitline and DoD tobacco cessation website to help you. Additionally, do not be afraid to reach out for support from family, friends and coworkers. Studies have shown that you have a better chance of being successful if you have help.

For more information, please check out the following websites:

www.ucanquit2.org

www.cdc.gov



HAWC Current Classes Offered

TOBACCO CESSATION

This 4 week session provides education and support to clients that desire to quit using tobacco. The 4th week is a Support Group for those that want to attend. Program includes the use of prescription medication.

Class Times: Tuesday, Noon-1300

Class Dates for the Quarter:

8, 15, 22, 29 January

5, 12, 19, 26 February

5, 12, 19, 26 March



BE WELL

The Air Force (AF) BE WELL program is designed to help individuals seeking to improve their health and fitness by providing general information on physical activity and nutrition through classroom discussions and Workbook activities.

Class Times: Tuesday, 1300-1600

Class Dates for the Quarter:

4, 19 February

5, 19 March

RUNNING IMPROVEMENT CLINIC

This program is designed for the runner who has a good base or foundation in running. You will further enhance or improve running form and technique as well as learn drills and exercises to work on key elements of running. This course will also help you understand and experience speed, interval, and pace training techniques that will certainly improve your run PT times!

Class Times: 1500

Class Dates for the Quarter:

29 January

28 February

28 March



Fitness Assessment Cell

FAC Reminders

Please show up fifteen minutes prior to the start of your Fitness Assessment wearing the proper Air Force PT uniform (squadron shirts are not allowed). Don't Make sure you have your current AF Form 422 in hand if you are on a profile...We cannot test you without it. We are required to check your identification upon arrival to your Fitness Assessment, so do not forget your ID card. Lastly, be respectful throughout your testing session. Loud profanity and aggression are unprofessional and will not be tolerated at the Fitness Assessment Cell. Remember that you are not only representing yourself, but your unit and the Air Force as well.



Physical Training Leaders (PTL) Assistance

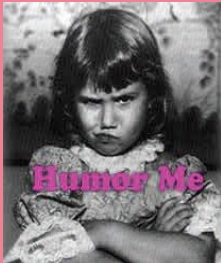
The FAC is always in need of PTLs, especially during the second half of every month. PTLs who assist the FAC three or more times will not have to attend PTL Refresher Training. Assisting the FAC can be used as a bullet statement on an EPR/OPR.

Family Advocacy Current Classes



Taking Control

6-Week Class on Stress and Anger Management
Wednesdays, 20 February to 27 March 2013
Building 3000, Room 123
1100-1300



Parenting with Love and Logic

6-Week Parenting Class
Tuesdays, 8 January to 12 February 2013
Chapel 2, Family Room
1100-1300

This parenting program is designed to give you practical skills that can be used immediately!

To Register, call 661-277-5292

Open to Active Duty and Civilians!

Parenting Teens Positively

6-Week Parenting Class
Tuesdays, 19 February - 26 March 2013
Chapel 2, Family Room

Civilian Health Promotion Services



February-AFMC Heart and Sole Walking Initiative

During the month of February, The Air Force Materiel Command will be promoting its' Heart and Sole Walking Initiative. This initiative involves the AFMC Wellness Support Center website

(www.AFMCWellness.com) and the Pedometer Walking Program. The goal of this initiative is to log steps into the Pedometer Walking Program, five (5) days a week (140,000 total) during the month of February. Individuals who complete this task will receive a travel fitness kit.



The Heart and Sole Walking Initiative is open to all DoD Active Duty and (appropriated fund) AFMC Civilian Employees.

American Heart Month Activities

- Heart and Sole Pedometer Walking Initiative
- Cholesterol and hypertension health education classes
- Cardiac Risk Profile (CRP) Screening
- Blood pressure screening



Healthy Heart Series Dates

***Cholesterol & Blood Pressure Ed.**

- 05 Feb, 1330-1430 @ B2850 CHPS Room 25
- 14 Feb, 1330-1430 @ B2850 CHPS Room 25
- 18 Feb, 1330-1430 @ B2850 CHPS Room 25
- 27 Feb, 1330-1430 @ B2850 CHPS Room 25

***Know Your Numbers Ed.**

- 06 Feb, 1330-1430 @ B2850 CHPS Room 25
- 19 Feb, 1200-1300 @ B2850 CHPS Room 25
- 21 Feb, 1300-1400 @ B2850 CHPS Room 25

For more information about the Healthy Heart Series or Heart & Sole initiative, please contact or email your local CHPS at: 277-3667 or alice.cervelli.ctr@edwards.af.mil



February is Heart Health Month



Fall through Summer

5K / 7.5k FUN

RUN/Walk

WHEN: 2nd Wednesday of each Month
LOCATION: Fitness Center Parking Lot
START TIME: 0730

Workout At Home: Cardio Routine

by Women's Health Magazine

You don't need a treadmill to get in a great cardio workout--you can burn flab and shape up fast with the simple mountain climber routine. Do as many as you can with good form, rest for a few seconds, manner until you reach 50.

Make this a part of routine. Do one rest 60 seconds, (For a total of 2 to

How to do it: As your arms straight line from your



your left knee toward your chest and place the balls of your feet on the floor--as if you were in sprinter's stance. Brace your abs and then quickly switch leg positions, so that you simultaneously kick your left leg back and bring your right leg forward. Alternate back and forth

your workout at home or gym set of 50 reps (with each leg), and repeat one to two times. 3 sets).

sume a pushup position with and your body in a straight head to your ankles. Now raise

Smart Bargains: Workout Clothing

One of your New Year's resolution maybe to spend more time in the gym. If so, you would need to invest in some exercise clothing, which are often expensive and can put a dent in your wallet. Luckily, there are some stores near your that sells affordable workout clothes and accessories.

Sleep your way to a better life.

ZZZ Tip #1: A good night's sleep will help you do your best!

Enhance your bedtime performance.

ZZZ Tip #1: Use your bed for sleeping, not working. Think of your bed as your sanctuary, free of work and stress.

ZZZ Tip #2: Get to bed and greet the morning at the same time every day. Maintain a consistent sleeping schedule.

ZZZ Tip #3: Having trouble falling asleep? Avoid caffeine, alcohol, nicotine, and strenuous exercise 2-3 hours before bedtime. Caffeine and nicotine are stimulants, and can keep you tossing and turning at night. Alcohol may help you doze off, but can prevent you from entering deeper, more restorative sleep stages. While regular exercise can improve your sleep, strenuous exercise too close to bedtime can also make sleeping difficult.

Decrease your stress level and get some shut eye.

ZZZ Tip #1: Can't clear your mind? Write it out. Write down on a note pad issues causing you stress—jotting them down on paper can help your mind relax.

ZZZ Tip #2: Take a deep breath. Deep breathing can calm your body and soothe your mind. Close your eyes and take a deep breath in, focusing your attention on your diaphragm moving down and out. Breathe in for four counts, hold for two, and exhale for five counts. Repeat until you feel calmness and energy.

ZZZ Tip #3: Reach for the sky and get better shut eye. Stretching can help relax your muscles, a first step to relaxing your mind. You can use just about any stretching technique you know or try this quick neck stretch: Reach your left arm over your head until your fingers are just touching the top of your right ear. Gently pull your head towards your left shoulder, feeling a subtle stretch through the right side of your neck. Hold for a few seconds and feel the muscle lengthen. Then do the same on the other side. Be careful, stretching should never cause pain, but if you do it gently and in the right spots, this can be a really powerful technique.

Sleep - Now that's refreshing.

ZZZ Tip #1: Keep your naps short and sweet.

ZZZ Tip #2: Constantly fighting a cold? Sleep can help boost your immune system.

ZZZ Tip #3: To stay healthy and energetic, make sleep part of your fitness plan.

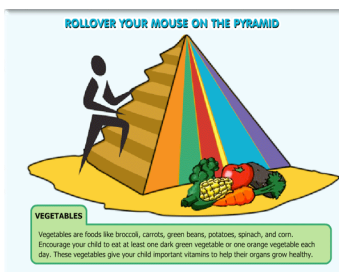
Resources

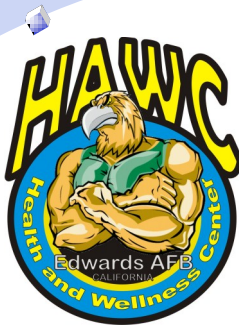
National Sleep Foundation

American Academy of Sleep Medicine

Healthfinder.gov (sleep)

March is National Nutrition Month



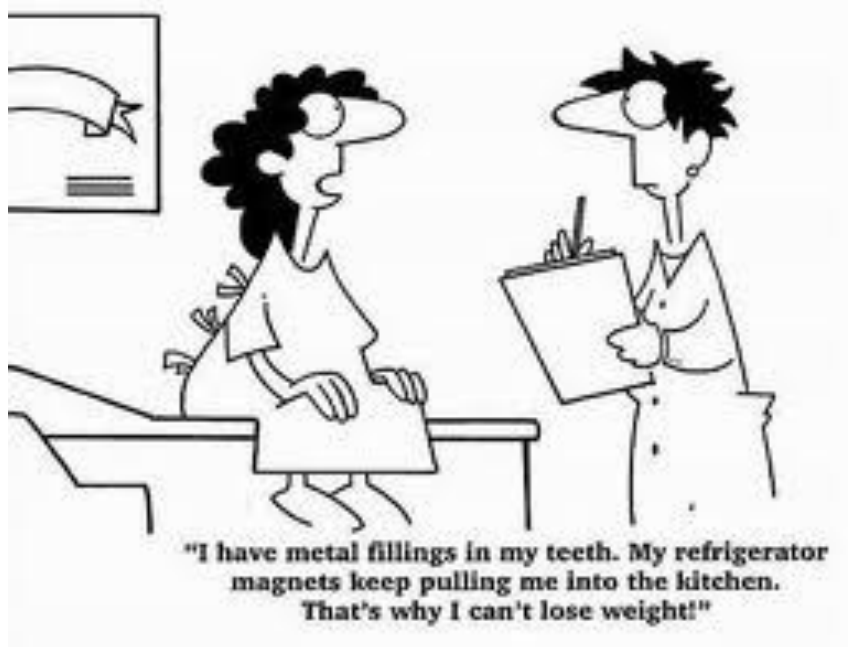


Want to Quit?



HAWC Can Help!

4DW For more details call 5-HAWC Edwards AFB Health and Wellness Center



We're on the web, www.facebook.com/pages/Edwards-afb-Health-and-Wellness-Center-HAWC



- AADD.....277-2233
- Chaplain.....277-2110
- Civilian EAP.....277-1183
- Civilian Wellness.....277-3667
- Command Post.....277-3040
- Family Advocacy.....277-5292
- Airman & Family Readiness..277-0723
- Health and Wellness Center..277-8480
- Mental Health.....277-5291
- Medical Group.....277-7118
- Military One Source.....800-342-9647
- Security Forces.....911.....277-3340

WINGMAN BOLDFACE
 Assess **Desire** for Self Harm
 Assess **Means** for Self Harm
 Plan? Gun/meds in the home?
 Assess **Status** of the 4DW
 Physical (Diet, Sleep, Alcohol?)
 Emotional (How do they feel about themselves)
 Spiritual (What about the future/is there hope?)
 Social (Do they have a support system?)
 Get and Stay on Wingman's Wingtip until **Positive Handoff**
 Don't leave member alone
 Hand off to Supervisor, 1st Sgt, CC, helping agency (Life Skills, Chaplain, FSO)

Got Wingman?