



Get Fit – Be Well

J.R. Holder Wellness Center

Newsletter

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SPECIAL POINTS OF INTEREST

- **Army Wellness Center**
- **Biggest Loser Kicks off!**
- **Want to be fit? Try a phone app!**
- **Mediterranean-Asian Chicken Salad**



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Former Ranger Helps Soldiers Get Fit

My name is Karen Zachary and I am 2007 graduate of Northwestern Oklahoma State University with a Bachelor of Science in Health and Fitness Management. I currently live in Fayetteville, NC where my husband is an Active Duty Soldier in the United States Army.

I am a contractor working for Womack Army Medical Center – Department of Preventive Medicine – Army Wellness Center in Fort Bragg. Our Wellness Center opened in October of 2010, and I am excited to let you know what is being done here at Fort Bragg to fight back against the health problems we are facing as a nation.

Wellness is a multi-dimensional state of being describing the existence of positive health in an individual as exemplified by quality of life and a sense of well-being. According to the World Health Organization (WHO, 2010), there are seven commonly defined dimensions of wellness that include social, physical, emotional, occupational, intellectual, environmental, and spiritual. The key to any wellness education program is providing sufficient information to help individuals find a balance within these seven dimensions. Army Wellness Centers provide specific programming that meets the needs and interests of the community with a focus of balancing the seven dimensions of wellness.

The Army Wellness Center offers six core programs that address key areas necessary to improve overall health and well-being. Each core program is interlinked and forms a basis to empower positive lifestyle change.

The first of the six core programs is health risk screening. This is the foundation of the program and is used to identify specific areas that need improvement. Relevant information is collected about current lifestyle habits, along with a perceived stress scale and risk for heart disease. The information is collected by various forms such as the American

College of Sports Medicine (ACSM) Risk Stratification, PAR-Q, Perceived Stress Scale (PSS Scale), and Biometric Screening, as well as one on one discussion with the client. This health information is then analyzed to determine the best programs and services that meet the need of the individual.

The second core program is physical fitness. According to the 2008 Physical Activity Guidelines for

Americans (DHHS, 2008), regular physical activity helps improve overall health and fitness, and reduces risk for many chronic diseases. Army Wellness Centers physical fitness program includes exercise testing, sports specific training, and exercise prescription. Our exercise testing measures components of physical fitness including cardio respiratory fitness – V02Max and anaerobic threshold identification, muscular



Karen is fourth from the right.

strength, muscular flexibility, and body composition. Exercise prescription and sports specific training are tailored to individuals desiring improvement in their Army Physical Fitness Test (APFT) score to training for a marathon. Effective programs start with good exercise testing. Our high technology equipment targets the recommended training program for individual goal attainment. See **ARMY**, Page 2

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I do it as a therapy. I do it as something to keep me alive. We all need a little discipline. Exercise is my discipline.
- Jack Lalanne

ARMY (Continued from Page 1)

Next is healthy nutrition. Learning what is healthy and best for weight reduction is vital for success. Army Wellness Centers provide metabolic testing and educational courses that provide current information about healthy nutrition habits. Metabolic testing is done to measure how many calories individuals require to lose, maintain, or gain weight. Clients are given their results from testing at healthy nutrition education courses with their results tailored to them specifically.

Stress management is the fourth program offered at Army Wellness Centers. Stress is a normal psychological and physical reaction to the demands of life and it affects people physically, mentally, and emotionally. Too much stress can contribute to and agitate many health problems including heart disease, high blood pressure, stroke, depression, and sleep disorders. Clients go through an initial stress management class at the Army Wellness Center, and then they return for biofeedback

sessions. Monitoring heart rhythms through biofeedback provides a visual method to graph how the body responds to various stressors. Various stress reduction techniques are provided to help control the psychological effect on heart rhythms.

Lastly, we offer General Wellness Education and Tobacco Cessation. Information is presented to assist individuals in better lifestyle choices. Self-care is often one of the first steps in achieving wellness. Self-care encompasses a broad spectrum of topic areas from women's and men's health to alcohol awareness. Prevention of Chronic Disease offers awareness and education to reduce risk for disease.

Army Wellness Centers are part of a focus to shift healthcare from disease management to preventive medicine. The goal of the Department of Defense is to have Army Wellness Centers spread throughout the nation by 2014. Fort Bragg is one of two gold standards which the future Army Wellness Centers will be modeled after. Army Wellness Centers

are a medical clinic and every visit to the Army Wellness Center is confidential and protected under HIPPA. As a student at Northwestern I can remember sitting in my adviser, Shawna Bivin's, office describing the type of work I could one day see myself doing. I was trying to decide on a major (while avoiding as many 8:00 a.m. classes as possible) and told her I was looking for the right balance between healthcare and fitness. Obviously, Shawna knew exactly what I was looking for, and so began my journey to achieving my Bachelor's degree in Health and Fitness Management. I gained crucial knowledge in classes such as Fitness Assessment/ Exercise Prescription and Physiology of Exercise. I use what I learned in those classes every single day at the Army Wellness Center. Without a doubt, Northwestern Oklahoma State University put me on a path for success. I am proud to serve those who serve by applying my knowledge at the Army Wellness Center in Fort Bragg. Hoorah! Ride Rangers Ride!

Notes from the Director



Shawna Bivin
Wellness Center
Director

Greetings Wellness Community! Spring is in the air and it's time to shed those winter blahs. I hope that all of you are sticking to your New Year's resolutions and are beginning to realize the positive effects of your healthier habits and lifestyle changes. I want to mention just a few tips for helping you keep the weight off and maybe lose those last few stubborn pounds. 1. Keep moving! 2. Keep it simple 3. Track yourself (weigh yourself, but no more than once per week) 4. Eat for the right reason 5. Drink lots of water 6. Forget all or nothing!

One last note, we will be hosting a health fair at the Wellness Center on April 15. See details on the last page of our newsletter.

I hope everyone has a safe and blessed Easter and as always, please let us know if we can do anything to enhance your experience at the Wellness Center. -Shawna Bivin

Biggest Loser Wraps Up

The Annual Biggest Loser Challenge kicked off February 19, 2010. This 8-week challenge was a strong event with 5 teams and 21 total participants.

The teams for this year were “The Unknowns,” “Metabolically Challenged,” “Shake-Shake-Shake that Booty Off,” “Fighting Pantry Prowlers,” and “Company.”

During the challenge, participants completed various activities to win points for their team. Lunch and

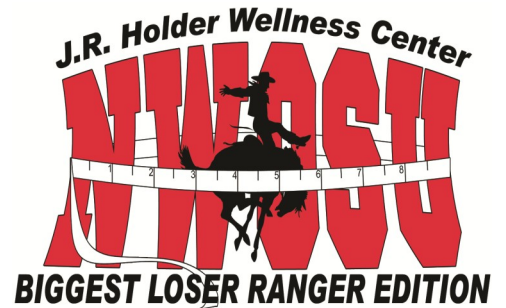
Learn Sessions were held throughout the contest. Topics that were covered in the sessions include: making healthy decisions, staying motivated, personality effects on exercise, and flexibility. Presenters were Jason Hillman, Shawna Bivin, Dr. Karen Linstrum, and Julie Fechner.

The final weigh-in was March 16.

Results:

Individual-Kevin Jeffries (30.8 lbs, 13.5 in.)
 Team-Fighting Pantry Prowlers
 Most Improved Team-The Unknowns

The closing ceremony will be March 30 at 5:30 p.m. in the Wellness Center. Along with the announcement of all the contest winners, prizes will be given.



Try a New Exercise-Planks

Want to get those abs for spring? Forget crunches! Try adding planks to your workout for stability and strengthening your entire core. Core strength is essential to keep the lower back injury and pain free. Planks are a great measure to see how strong your core really is. Best of all, the plank works other muscles such as arms, shoulders, and glutes.

How to perform planks properly:

1. Start in the push up position on an exercise mat or a hard surface.
2. Bend your elbows at a 90 degree angle so that you are resting your body on your forearms.
3. Your elbows should be directly underneath your shoulders and your back should be completely straight.

Start out by trying to hold this pose for 10 seconds or longer. A good

measure to work up to would be 30 seconds or longer.



Photo Courtesy of Eastbay Trainer
<http://www.eastbaytrainer.com/Portals/73022/images/plank1.jpg>

Want to be fit? Try a phone app!

Smart phones today can do anything: surf the internet, video recording, social networking, etc.

Now, with thousands of applications for iPhones, Blackberries, Androids, and other smart phones you can have fitness and nutrition help at the tip of your fingers. Here are some apps that are free and easy to use.

Lose It! (iPhone)

Set your daily calorie goal and stick with it when using this app. Log the foods you eat during the day, as well as subtract those calories you lose during exercise.

Great Trainer (Blackberry)

Great Trainer gives you feedback on distance, duration, pace, and calories expended during training. You can also track your workouts that are automatically loaded onto the website!

Cardio Trainer

(Android)

This app tracks indoor/outdoor activities, has downloadable workouts, schedules, and reminders. Also this application can connect to Polar’s Bluetooth heart rate monitor to make sure you are working in the zone!



Mediter-Asian Chicken Salad

This high-protein, low-carbohydrate recipe combines the synergistic health benefits of ingredients traditionally found in the Asian and Mediterranean diets.

Motivation is what gets you started. Habit is what keeps you going.
- Jim Ryun

Ingredients

1 cup thinly sliced radishes
5 cups baby field greens
1/2 cup wine vinegar
1 tablespoon extra virgin olive oil
2 tablespoons Tamari soy sauce
1 tablespoon water
3 packets sugar substitute
1 teaspoon dry mustard
1 teaspoon ginger root, freshly ground
1 clove garlic, minced
1-1/2 cups cooked cubed chicken breast
1/4 cup chopped green onion
1/2 cup sliced almonds, toasted

Directions

Toss radishes and field greens. Divide into four bowls. Mix vinegar, oil, soy sauce, water, sugar substitute, mustard, ginger and garlic in a bowl. Whisk together; place chicken and onion in vinegar mixture. Marinate 30-40 minutes. Remove chicken and onion from marinade with slotted spoon. Place equal portions in each bowl. Top with toasted almonds. Drizzle salads with extra marinade as desired.



Nutritional Breakdown
Protein: 36.0%; Carbohydrate: 16.7%; Fat: 47.3% Totals Per Serving
Calories: 290
Protein: 26.4 g
Carbohydrate: 12.2 g
Fat: 15.4 g
Cholesterol: 55 mg
Sodium: 481 mg
Recipe by: Shoshana Pritzker Fitness RX Magazine

Wellness Fair: Noon-6:00 pm

Health Wellness Fair

Friday, April 15, 2011

WHERE: NWOSU Wellness Center

ADDRESS: 709 Oklahoma Blvd.

Activities

Yourself? Your family? Your community?
Among the 5320?

Working together, we can maximize the opportunity for all Oklahomans to lead long, healthy lives. 5320 Oklahomans are counting on us!

Help Shape Our Future by learning more.

- NWOSU Nursing Students - Blood Pressure, Blood Sugar Checks & BMI
- Nutritionist
- Wellness Center - Personal Trainers & Wellness Classes
- Massage Therapist
- Community Tobacco Prevention
- Health Department