

NAVY Fitness Insider

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Upcoming Points of Interest

- Athletic Business Navy Meeting November 9
- Athletic Business Meeting November 11-13

Navy Fitness insider high Lights Multiple Navy FITNESS Programs

Welcome to the third installment of Navy Fitness Insider. I hope you have found the two previous issues very informative and enlightening.

This month we will be featuring a number of bases and their fitness programs. Again I hope that these articles from different bases help you think of new ideas or strategies that will help your program. Sharing ideas really helps especially now with budget cuts and lack of staffing.

Other areas of interest that will be covered in this quarters issue will be: ABC Navy meeting announcement , artificial sweeteners, orientation to your gym, and blood borne pathogen emergency plans. Along with the program and recipe of the

month this should be another information packed issue of Navy Fitness Insider. Enjoy your reading.



Athletic Business Navy Meeting Set For November 9th, 2004

The 2004 Athletic Business Conference Navy Meeting will be held on Tuesday November 9, 2004. It will be held at the Orlando Convention Center in Hall E room 230 D. Official letters are being sent out this week to Regional and Local MWR Directors. There is no fee to attend this

meeting.

The meeting will start at 0800 and run till 1700. This years

meeting will include the following State of MWR, Mission



Essential Overview, Sports Specific Training, and Applying " 2 4 Weeks to Success" to your installation. Our guest speaker this year will

be Randy White former NFL standout with the Dallas Cowboys.

The ABC conference will take place on November 11-13. You can register for the conference online for a special military fee of \$225.



SWEET NOTHING: NOT ALL SWEETENERS ARE EQUAL BY: DAVID SCHARDT (FROM NUTRITION ACTION HEALTH LETTER MAY 2004)

The artificial sweetener business must be a pretty good place to be these days. Thanks to the obesity epidemic, a growing number of people are trying to cut calories. That means more “diet” this and “no sugar-added” that. And the low-carb craze has left food manufacturers scrambling to be the first on their block to take the sugar out of everything from chocolate to ketchup to Bloody Mary Mix.

The result? We’re eating more low calorie sweeteners than ever before. Yet not all sugar substitutes are Equal, so to speak.

1. Sucralose and neotame are safe.
2. Sugar alcohols and tagatose, while safe, may give you the runs if you eat too much.
3. Aspartame probably is safe.
4. Acesulfame, and steiva may or may not be safe; there’s not enough good research to tell.
5. Saccharin isn’t safe (though the risk is small)

If you drink diet soda, chew gum (sugarless or regular), you’ll have a hard time avoiding aspartame and acesulfame. And if you’re a fan of “light” yogurt, you’ll be getting either aspartame or sucralose.

That’s because manufacturers choose sugar substitutes depending on the food. Some are used in baked goods because they withstand heat better. Some are used in baked goods because they withstand heat better. Some are used in yogurt because they can survive in an acidic environment . Some lose their sweetness in the syrup used to make fountain sodas, but are fine for bottled or canned soft drinks.

Just keep in mind that even an unsafe sweetener like saccharin poses only a tiny risk to any given person. The potential problems arise when tens of millions of people consume the sweetener for years. That’s why the government should require better studies on some sweeteners and should ban others .

And remember: real sugar is hardly a toxic chemical. The problem is the large amounts that Americans eat. The U.S.

Department of Agriculture has suggested a limit of ten teaspoons of added sugars per day for people who eat a 2000-calorie diet. That’s 40 grams, about as much as you’d get from one 12-ounce soft drink or two six-ounce fruit-on-the-bottom yogurts.



Product Containing Artificial Sweeteners	Sucralose	Sugar Alcohols	Tagatose	Aspartame	Acesulfame	Saccharin
Diet Coke or Diet Pepsi				X		
Dannon Light'n Fit Yogurt				X		
Snack Well's Sugar Free Chocolate Chip Cookies	X	X			X	
Dentyne Ice, Eclipse, Extra, Freedent , Orbit ,or Trident		X		X	X	
Baskin Robbins No Sugar Added Ice Cream		X		X	X	
Diet Nestea Lemon Tea				X	X	
Equal, Nutra Sweet, or Natra Taste				X		
Sweet'N Low						X



Using an orientation Program to educate more of your patrons

Introducing your new patrons to your fitness center can be a huge hassle to make each person who passes through your doors is properly educated in using your equipment. With current budgeting concerns and staffing we are very limited on what we can do individually. However, we can develop orientation classes that reach small groups of people without the hassle and time of showing each individual how to use the gym. Below is orientation developed by NAVPERCOM 651 to help educate your new patrons or use as an outreach to show people in your Navy community what you have to offer at your gym.

Background: The Navy Fitness Training Guide/Presentation Series was developed to educate our sailors/customers, Command Fitness Leader's/assistants, and staff in the area of basic fitness to include strength training, cardiovascular conditioning, flexibility, and nutrition. The guide was created as an outreach-training tool for MWR fitness programs to provide consistent fitness education to new and present fitness customers.

The Training Guide: The Navy Fitness Training Guide is a 24-page educational guide that covers strength training, cardiovascular conditioning, flexibility, and nutrition. The guide should be distributed in conjunction with group or individual training and not use simply as an information handout. The guide's are available from PERS-651 at no charge.

Power Point Presentations. PERS-651 has also developed four Power Point presentations to assist in providing group training at your installation.

The presentations are:

1. **Intro to Strength Training** – This presentation deals with the general topics of strength training. The presentation covers everything from sets, reps, starting weights, program design, benefits and myths about strength training. The presentation will take about 25-30 minutes to present. After the presentation, the group would move to the fitness floor and receive hands-on training on the equipment. Workout cards will be given to each attendee and they will

learn seat adjustments, muscles worked, repetition speed, breathing, and starting weight for each machine.



The class size should be approximately a ratio of 1 instructor/staff to 3 or 4 attendees. This will enable you to successfully explain each piece of equipment and make sure every student understands the proper use of each machine. Total class time should be approximately 60-75 minutes.

1. **Intro to Cardiovascular Training** - The second presentation deals with the general topic of cardiovascular training. The presentation covers everything from workout time, intensity, target heart rate, and program design to benefits and workout options. This presentation will take about 20-25 minutes to present. After the presentation, the group would move to the fitness floor and receive hands-on training on the cardiovascular machines. Workout cards would be given to each attendee and they will learn seat adjustments, proper alignment, target heart rate, exercise duration and intensity. The class size should be approximately one instructor to 5 or 6 attendees. The attendees should be taught the basics on 2 or 3 different pieces of equipment. Total class time will be approximately 45-60 minutes.
2. **Intro to Flexibility** - The final presentation deals with flexibility training. From when, how, and type of stretches to benefits and program design. The presentation will take about 10-15 minutes to present. The group will then move to an open space and go through a full-body stretch routine. The instructor may also want to show

some standing stretch options. The ratio for this class can be 1 instructor to up to 30 attendees. A second instructor can be used to walk the floor and assist individuals with form. Total class time will be approximately 30 minutes.

3. **Introduction to Total Fitness** – The final presentation is an outreach tool. The presentation talks about strength training, cardiovascular conditioning, flexibility and basic nutrition. This presentation would be used away from the fitness facility when providing presentations to potential customers (GMT training or any workspace). This presentation will start the education process and hopefully lead to individuals attending additional training opportunities offered by MWR. This presentation could take anywhere from 30 to 60 minutes depending on the amount of discussion time you want to make available.

Program Goals: The goal of the training program is to provide MWR programs the materials needed to present basic fitness training. The program is designed to improve employee confidence by giving them sound knowledge to pass on to our sailors. The information provided is considered a starting point for individuals getting started, it lays the foundation for successful training and acts as a stepping stone for additional training. We can not allow our members to gain their knowledge of fitness from the latest edition of "Muscle and Fiction" magazine. Fitness Directors are encouraged to use this program as an outreach to bring more individuals into our facilities and to educate the ones already there. The guides are available at no cost and the presentations were created in-house and will be updated based on continued feedback from the field.

Please contact Marc Meeker at marc.meeker@persnet.navy.mil to have this orientation series sent to you.



Program of the Month “Millionaires Club” Submitted by: Barry Joseph “Fit Boss” Uss Enterprise

The USS Enterprise just acquired Fortune 500 status. Find out how to invest in the USS Enterprise “Sweat Equity” program on how to become a Millionaire. Become an exclusive member of the Enterprises “Millionaires Club.”

Lift a million pounds or 500,000 Lbs. and 500,000 seconds of cardio or any combination of the two. Use training logs or workout cards to keep track of pounds and time. Sign up with the “Fit Boss” or Fitness Coordinator in the gym.

Once a month shoot an e-mail out to all the Millionaires Club recipients and ask them to come into the gym to log in their numbers on a monthly basis. If they miss a month checking in, they are disqualified and can start from zero again. You

can also incorporate other exercises for points. Calisthenics for example would be calculated like this pull-ups = body weight, dips = body weight, push-ups = body weight, full sit-up = 1/3 body weight. Aerobic classes and mandatory fitness classes can also be calculated from the how long the working portion of the class is.

At the completion the participant will get a USS Enterprise Millionaires Club Jacket or a Millionaires

Club jacket from the base you are currently stationed at. The first 100 to complete the challenge receives a custom designed jacket. This has become an extremely popular club on the Enterprise. At first promotion is the most important factor in getting people signed up and started. For motivation, they see what the end result is, a jacket that the crew is very proud to wear because they have earned it.



HOW ACCURATELY DO TREADMILLS ESTIMATE CALORIC EXPENDITURE?

BY: Matt Brzycki from Fitness Management June 2004

The numbers given on the console of a treadmill can be quite accurate. If distance and time is known, the accuracy of the machine can be assessed by using equations that are offered by the American College of Sports Medicine (ACSM). Here's an example: One member told me that he walked on a treadmill for 40 minutes. According to the console, he traveled 2.52 miles and used 205 calories during his walk (based on a bodyweight of

166 pounds). Inserting those numbers into the ACSM equations revealed that he used about 205.79 calories. So, the accuracy on this particular treadmill wasn't too shabby.

The accuracy of the caloric expenditure, or any other data, displayed on the console of a cardio machine

depends on the accuracy of the equations that are pro-



grammed into its “computer.” And, of course, the correct body-weight must be entered for the caloric expenditure to be accurate.

BLOODBORNE PATHOGENS EMERGENCY PLANS

“Do you have a plan ready?”

With the summer sports season in full swing many of our sailors will be taking their talents to the many fields of play on our bases world wide. Our sports programs are very safe, well organized and provide excellent source of exercise for our sailors. However, no matter how safe a sports program is accidents do happen which result in cuts, scrapes, and broken bones.

Sometimes when these incidents happen they involve blood. When blood is involved you have to take extra care in assessing the situation both in how to treat the individuals injury and how to clean up the blood in a proper manner.

When dealing with blood you have the potential to be dealing with blood borne pathogens. The principal blood borne pathogens that are a concern are HIV, Hepatitis B, and Hepatitis C. Due to the rapid spread of HIV and Hepatitis the Occupational Safety and Health Administration generated the blood borne pathogens standard to protect people from occupational exposures to all blood borne pathogens. The diseases associated with these pathogens are preventable when the appropriate precautions are taken.

Establish an exposure control plan. This is a written plan to eliminate or minimize employee exposures. Employers must update the plan annually to reflect technological changes that will help eliminate or reduce exposure to blood borne pathogens. In the plan, employers must

document annually that they have considered and implemented safer medical devices.

Also enforce work practice controls. These are practices that reduce the likelihood of exposure by changing the way a task is performed. They include appropriate procedures for hand washing, sharps disposing, laundry handling, and contaminated material cleaning.

3. Wipe the spill site with a generous amount of the bleach solution or other bacterial/virucidal agent. Disinfect beyond the apparent limits of contamination.

4. If the 1:10 bleach solution (1/2 cup bleach to five cups of water) is used, allow it to stay in contact with contaminated area for twenty minutes. The bleach solution must be made fresh every 24 hours.

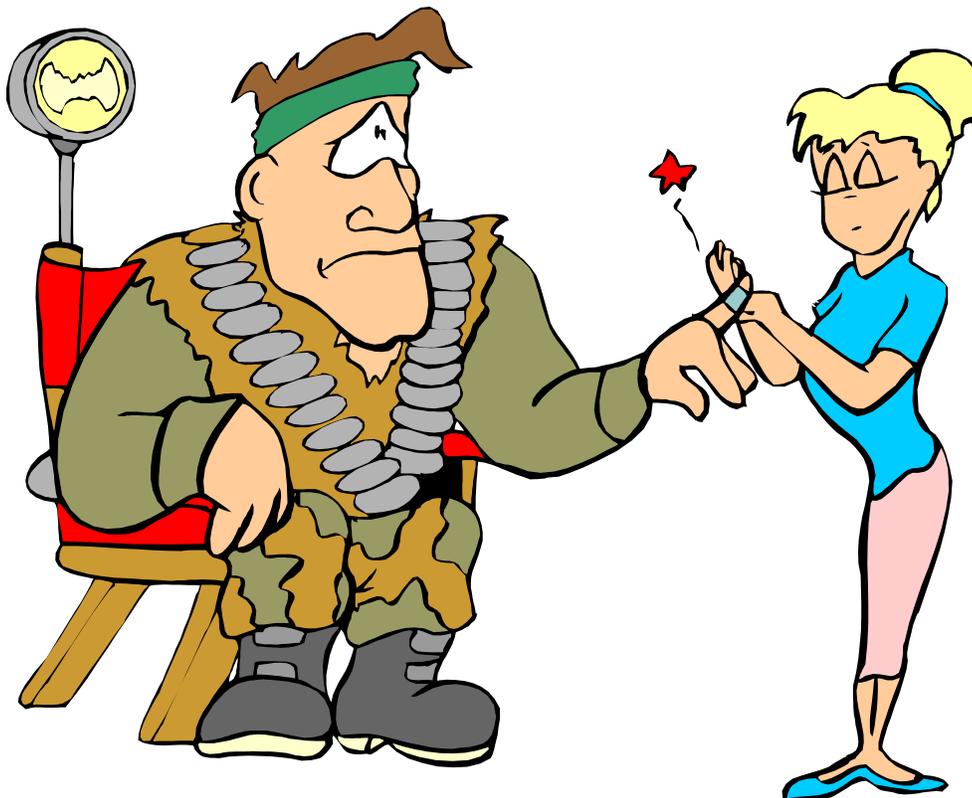
5. Wipe the site with clean, dry paper towels or gauze pads.

6. Place all contaminated items in a bio-hazard bag.

7. Dispose of the bag according to hazardous waste policy.

8. Close off the facility area or piece of equipment for 1/2 hour.

By having a carefully laid out plan to handle blood incidents at your fitness complex you will be making



Practices to prevent the spread of blood borne pathogens does not stop with your own personal safety. You must consider everyone in the facility safety also. If a blood incident has occurred and there is a significant amount of blood on the floor what do you do to clean it up?

1. Wear gloves

2. Use a paper towel or cloth to absorb the spill. Always wipe toward the center of the spill.

sure of not only your personal safety but the safety of everyone that walks through your doors or onto your fields. If you would like further information on this subject you can reference OPNAVINST 5100.23F or visit <http://www.osha.gov/sltc/bloodborne pathogens>

Remember just cleaning up a spill with a towel and then throwing it in the towel bin is not a very smart thing to do anymore. Proper planning and handling of



MWR FIT: Summer Fitness All Year Round

By: PH2(AW) Tim Comerford - NAVSTA Rota , Spain / Laurie Allard Fitness Director

Morale, Welfare and Recreation (MWR) offers fitness programs for children, teens and adults, and the summer, in particular, is a good time to start a fitness regimen, according to fitness experts at the MWR Fitness Center.

“During summertime, people often have a little more free time, can do more exercises outside since it is warmer and tend to be more active overall,” said Ellen Brady, fitness coordinator at the MWR fitness center.

“In addition, summer is a time for preseason conditioning since many people start sports in the fall,” said Laurie Allard, MWR Fitness Center fitness director. “The PFA [Physical Fitness Assessment] is also in the fall, so those who will be taking the assessment should start preparing early, if they haven’t already, especially if they would like to improve their scores.”

But MWR offers its fitness programs year round, not just during the summer.

The MWR Fitness Center offers a wide range of sports and ex-

ercise programs that cover everything from heavy cardiovascular workouts in their Cardio Step and cycling classes to competitive tennis programs and artistic, yet athletic, ballet and tap classes. Each of these programs contributes its own health and fitness benefits.

The MWR Cardio Step class is, of course, good for the heart.

“Although it is primarily a cardio class,” said Angelica Jak, Cardio Step instructor, “we also do a little strength training for the upper and lower body.”

The MWR Yoga/Pilates class exercises both the physical and cerebral.

“You work your muscles and your flexibility,” said Liliana Crane, Yoga/Pilates instructor, “and get a good body/mind connection. I love to see people’s improvements, such as when back pains go away and flexibility improves.”

Group cycling classes are also cardiovascularly challenging,

while weight training classes increases strength.

“Cycling boosts your cardio capacity,” said Vanessa McGlaughlin, Group Cycling / Weight Training instructor. “With weight training, you get more muscular benefits. Working all the muscles in your body, you



start with the larger muscles and work towards the smaller muscles

for a full body workout.”

If you wish to do cardio exercises in either a more recreational setting or are looking for an activity in which the whole family can participate, consider MWR’s tennis classes offered at the Rota Tennis School behind the Navy Lodge.

“There is a lot of cardio exercise involved in playing tennis,” said Antar Wilson, MWR Tennis instructor, “and you can have fun while you’re at it. It is also something you can do with your kids or the whole family.”



Also available are MWR's karate classes, which offer numerous physical and mental benefits, for both kids and adults.

On the more graceful end of the fitness spectrum, MWR also offers tap / jazz and ballet classes through its Life Enrichment program, which you can sign up for at Expeditions.

"The athletic abilities of ballet dancers are often underestimated, as ballet dancing improves coordination, strength, flexibility, aerobic conditioning and keeps your mind sharp," said Cynthia Barham, ballet instructor.

The MWR Fitness Center also offers a variety of services that may not be exercise-oriented but are important to health and wellness. One such service is massage therapy.

"If you have a knot, some pain or discomfort in your muscles, then massage therapy can help," said Tammy Danchenko, massage therapist. She finds that people most often injure their shoulders. "Everyone likes to try to carry the world on their shoulders, so we see a lot people who have pain in their

traps [trapezius muscles]. Message therapy also has a long list of spa treatments like the Seaweed Body Wraps, Salt Glows, Sugar Spa Scrubs, Paraffin Dips and Ear Candles."

The Fitness Center would like to see more families coming in to exercise together.

"We are trying to become a more family-friendly facility," said Allard.

"During the early mornings we are usually busy supporting active duty personnel, but during the

daytime hours Ellen does appointments and group orientation for dependents and children."

Summer is also an ideal time children and teenagers to experience happy and healthy lifestyles by starting or continuing a good fitness routine, which is also a great way to prevent the 'summertime blues' from settling in or warding off boredom. The Summer Fitness program, offered to older kids and the Fit for

Fun program, sponsored by U.S. Naval Hospital Rota Health Promotions Department for younger children, both encourage youth in the community to find the enjoyment in exercise and make healthy decisions when eating.

"We are concentrating on the teens," said Allard. "The Summer Teen Fitness program, offered to children ages 13 and up, is a young athlete skill and fitness development



program, a pre-season conditioning class for student athletes and non-athletes who want to become more fit.

In addition, we helped Health Promotions coordinate their Fit for Fun program for children ages six through 12. Also, our Gymnastics and Tumbling program, for children ages five and up, is offered on Saturdays at the Fitness Center. That is a paid program but the Summer Teen Fitness and Fit for Fun programs are free."

RETURN TO READINESS PROGRAM (24 Weeks to Success)

BY: TRACY NAVARRETE - NAVSTA PEARL HARBOR

Navy Fitness Pearl Harbor was inundated with PRT failures, frustrated CFL's, and out of standard Sailors. The fitness team approached this problem head on, instituting the Return to Readiness program, with the first phase running from 12 January through 19 April, 2004, with 226 participants.

The Return to Readiness program is based on providing Sailors with comprehensive cardiovascular conditioning, muscular strength and endurance training. Each session aims to help the Sailor burn as many calories as possible to aid in body composition reduction. The program is tailor made to improve PRT scores, with the average participant lowering their run times by 2 minutes, increasing sit ups and push ups, and losing 6 pounds and almost 2 percent body fat.

Typical daily workout include circuit training incorporating muscular strength training with cardiovascular intervals (running laps or sets of stairs),

long slow runs to increase cardiovascular endurance, and sprint intervals to increase run times. Sessions also include oc-



casional cycling, plyometric training to aid power and fitness, and twice weekly ESP (Endurance, Strength, Power) classes. Each training session also involves flexibility, to improve range of motion and joint health.

Results far outweighed the expectations with this program. Each sailor was only limited by their own nutritional habits and their level of motivation. As Sailors progressed in fitness level, the Fitness team was challenged to keep pace by

changing the workout plan appropriately.

The current session of Return to Readiness began on 3

May, 2004. With the influx of recent PRT failures, Navy Fitness Pearl Harbor is currently training 303 regular participants. Due to the success of the initial Return to Readiness phase, additional commands have sought out Navy Fitness Pearl Harbor to

assist in returning Sailors to standards. This increased demand has resulted in the scheduling of three additional classes per day.

While CFL's are tasked with maintaining command fitness levels, the job is often too great for their collateral duty time to handle. MWR and Navy Fitness Pearl Harbor has been able to demonstrate our collective ability to assist these commands with this Mission Essential—Fitness!



RECIPE OF THE MONTH

"Hot Apple Pudding and Brandy Bananas "

Since summertime is the best time to enjoy fresh fruit here are a couple or great fruit dishes that will definitely tempt your taste buds.

Hot Apple Pudding

- 1 1/2 Cups whole wheat flour
- 2 Cups Skim Milk
- 1/4 Cup undiluted frozen apple juice concentrate, thawed
- 2 teaspoons vanilla extract
- 4 egg whites
- 4 Apples, peeled and sliced
- 1/4 cup Orange Juice
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger

1. Combine flour, milk, apple juice concentrate, and vanilla in a bowl.
2. Beat egg whites until foamy, add to flour mixture, and mix well
3. Peel the apples and spread them in a layer on the bottom of a medium nonstick baking dish.
4. Sprinkle orange juice and then half

the cinnamon evenly over the apples. Add the other half of the cinnamon to the batter.

5. Pour the batter over the apples and bake in a 400 degree for 30 minutes.
6. Cut the pudding into squares and serve.

Serves 4

Per Serving: 374 Calories, 12.2 grams protein, 78 grams carbohydrate, 1.6 grams fat.



Brandy Bananas

- 1 Banana, halved lengthwise
- 1/4 cup unsweetened apple juice
- 1/2 teaspoon grated lemon rind
- 1/8 teaspoon ground ginger

1 tablespoon brandy

1. Arrange banana slices in a large skillet.
2. Add apple juice, lemon rind, and ginger and cook over low heat for 6 minutes, basing continually with juice.
3. Heat brandy and pour over bananas.
4. Light the brandy and shake the skillet until the flames go out.
5. Serve immediately

Serves 1

Per Serving: 169 Calories, 1.6 grams protein, 41.2 grams carbohydrate, 0.3 grams fat



MAKING SURE YOUR STAFF'S CPR CERTIFICATION IS CURRENT

Upon a recent visit to a fitness center the question came up " Is your fitness center staff current in their CPR?" The fitness director did not know what to say at this point and immediately went to their staff and asked them if they were current in their CPR or had it expired. After checking the first 3 employees 2 of them were not current.

With the present budget cuts and other worries that come up this is a very important matter that may be forgotten or placed on a secondary list of things to do. However, this needs to be



a priority for our staff. By not having current CPR certifications on all staff members we could be at risk of one of our fitness staff potentially hurting a patron because they are not properly trained.

When a fitness staff member comes on-board this should be one of the first things you should ask them to show you is their

current CPR card and make a copy to put in your files. Also at this time you should make a list on when each persons CPR card will expire so you can arrange a training to make sure your staff is current at all times. This can be a yearly training that everyone goes through but there may be times another training should be scheduled for new hires. At no point should anyone in the fitness center be without proper and current CPR training. Staying on top of this will prevent any potential dangerous situations to happen in our fitness centers.



NAVAL STATION EVERETT FITNESS 10 Week Strength training Class

By JO1 (SW) Daniel Sanford

A lot can change in 10 Weeks, Just ask MAC (SW) Sheryll Byrne. That is , if you can find her.

After completing the Naval Station Everett Fitness Center's 10-week strength training class, there seems to be a lot less Byrne to go around. 6.6 percent to be exact.

Measured from the start of the program on January 12, to its completion on March 18, Byrne lost an amazing 6.6 percent body fat, while at the same time achieving a 68-percent strength gain.

What's even more impressive is that she did it not through expensive diet pills or surgery, but by embracing a healthy diet, exercising regularly and making a 10-week commitment to herself and the program. A commitment she plans to carry on long after the program's final week.

" I feel confident that I can keep this going and make it a permanent lifestyle change," said Byrne.

So what was the guiding force behind Byrne's success, as well as the success of the other folks who signed up for this program?

Look no further than NAVSTA Everett's Command Fitness Specialist , Julia Krassin and Rachel Clark, and Branch Medical Clinic's Health Promotions Director, Wendy Williams. These three women created and developed the class so that it meets the needs of each individual participant and emphasizes proper nutrition and exercising regularly.

The group meets one hour a day, twice a week, on Tuesdays and Thursdays. On these days, the class works out using the Nautilus equipment under the well-trained eyes of Krassin and Clark. Participants are also expected to perform at least three 30-minute cardiovascular exercise sessions during the remainder of the week.

"The course is a 10-week circuit training program," said Clark. "Also, each person will get nutrition counseling, body-fat measurements, and demonstrations on

the proper way to use the equipment."

The strength-training program begins its third incarnation April 13 and there are opening still available for anyone willing to make a 10-week commitment towards fitness.

"The reason this program works and the reason it has been successful is that we



have people who want to make changes in their life and are committed to making it happen," said Williams. " This program wouldn't be successful if it weren't for the people who are in it."

And those willing have seen results. The average drop in body fat for the class that finished in March was 3 percent. Overall, the average strength gain increased by 44 percent.

" We really saw a lot of people's self-esteem increase," said Williams. " This program gets results and it's fun. I think we make it obtainable because all we ask is that you make reasonable lifestyle changes."

At the beginning of the program, Williams hands out a diet logbook to each participant and has each person keep track of their daily intake.

Not only will people learn how to use the workout equipment, but they'll also learn how to eat sensibly," Williams said. " Dieting isn't about deprivation, it's about life style modifications. Hopefully everyone

learns that all foods are good, it's just about moderation and how we choose to eat."

All three women agree their favorite aspect of class is getting to know each participant and having discussions about matters not strictly related to fitness.

" I think there is a lot of value in getting to know someone personally and helping them set their goals individually, vice having them come anonymously to a class," said Krassin. "The identity barriers seem to fall after a week or two and that has been really delightful for me."

" I love that the setting promotes open communication and dialogue," Williams agreed. " I love that you have a group of people who at first don't talk a lot during the early couple of sessions. But by the end of the program, there is all this great conversation flying around about diet and exercise. It's kind of a joke that we're all talking about food by the end of the night, but I think the dialogue is really good and that it is a safe and comfortable place to talk about it."

" I really enjoy watching people become successful," beamed Krassin. " Some people are there for weight loss, some people are there for body fat loss, and some people are there to get stronger. Regardless of the reason, I want to help them achieve their goals."

And so far, the strength training classes have been a huge success story for the fitness center and its staff.

Byrne said she achieved her initial goal and is moving on to bigger , or perhaps smaller, goals.

" I wanted to get within and stay within the Navy's PRT standards, and I have," she said with a grin. " Also, I'm going to be stationed in Hawaii soon and I want to be able to wear a bikini.

U S NAVY

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Upcoming Trainings

Navy Command Fitness Leader Training

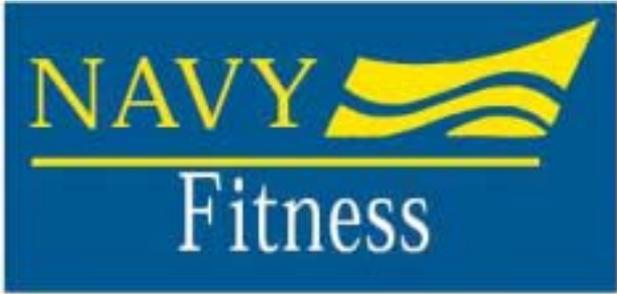
FASW San Diego	Aug 18-19
NAVSTA Norfolk	Sept 1-2
NAS Whidbey IS	Sept 15-16
NAS Lemoore	Sept 29-30

Advanced Fitness Training

Subase New London	August 16-18
NAS Sigonella	September 14-16

Athletic Business Navy Meeting

Orlando Convention Center	November 9
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ADVANCED FITNESS CLASS NAVAL STATION EVERETT, WA July 6-8 2004