

## National news focuses on weight-related concerns

The Oceana-Dam Neck IN MOTION campaign for enhanced fitness and nutrition continues as a pilot site for Get Moving Navy. The national news on weight-related concerns in the United States has intensified, with studies from Centers For Disease Control and Prevention reporting that poor diet and physical inactivity leads to approximately 400,000 deaths per year. CDC experts state that fatalities from these controllable factors have overtaken those caused by tobacco abuse as the number one preventable cause of death in the United States.

Tommy G. Thompson, Secretary of the Department of Health and Human Services, leads by example for his "Healthy Lifestyles" program – a program that focuses on promoting a healthy lifestyle and participating in regular physical activity throughout life. Thompson reported that he went from 210 pounds to 195 pounds by putting a pedometer on his belt and watching his diet. His success demonstrates that walking and paying attention to what you eat can lead to better fitness and nutrition.

### Every Step Counts! Pedometers measure daily physical activity

Every step counts! A pedometer is a small device that attaches to the belt and counts the steps taken over the day. It can help you set goals and keep track of the number of steps – distance you walk – you take in a day. The goal for individuals beginning an exercise program is 5,000 steps. 10,000 steps is recommended for maintaining general health; and 15,000 steps is recommended for weight loss. If your goal is weight loss and you are just beginning an exercise program, remember to progress your activity patterns gradually – work up to 15,000 steps. Remember not to do too much too soon, so your body will have a chance to adjust to your increased physical activity patterns. The pedometer is a very motivational exercise tool, and demonstrates that every step does count towards improving your physical activity and health. Take the stairs instead of the elevators. Park your car in a parking space a bit further from the front entrance of the grocery store. Walk with your family or pet

around your neighborhood. Every step counts!

Where can you purchase a pedometer? Pedometers are sold at sports stores, and two models are currently available at the NAS Oceana NEX Sports Department. The price of a very accurate pedometer is approximately \$25. The DIGI-WALKER pedometer, considered by researchers to be the gold standard of pedometers, continues to rate the highest in both accuracy and reliability, recording within 1 percent of all steps measured. The YAMAX SW-701 recently tested as the most accurate for calculating steps, distance and calories burned. You can order the YAMAX SW-701 at <http://www.stepintohealth.com>.



## BENEFITS OF PHYSICAL ACTIVITY

### Individuals who exercise regularly are less likely to develop:

- Heart disease
- Diabetes
- High blood pressure
- High cholesterol levels
- Certain forms of cancer
- Osteoporosis

### Individuals who exercise regularly are more likely to:

- Maintain a healthy body weight
- Increase energy levels; decrease fatigue
- Improve skin and hair health – look younger (nutrients are transported to the skin and hair through oxygen transportation during exercise)
- Counter stress incurred during daily living, deployments
- Improve mood; release tension
- Improve mental fitness – ability to focus and concentrate
- Improved job performance - perform activities with better ease; less fatigue; improved effectiveness
- Effectively control the pain and joint swelling that accompanies arthritis
- Maintain lean muscle, which is often lost with increasing age
- Have higher levels of self-esteem and self-confidence, an improved self image
- Continue to perform activities of daily living as they grow older
- Experience overall feelings of well-being and good health
- Enhance military bearing