

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

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Edwards, CA

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July-September 2014

## Make Exercise Fun

Are you frustrated that you're not slimming down, toning up or feeling any fitter despite countless hours working out in the gym? According to experts, it could be because you think of your workouts as exercise and not as playtime. Researchers have discovered that people's attitudes towards exercise can influence what they eat and ultimately, whether they slim down, tone up or feel fit.

An unconventional new study by American and French researchers, took 56 healthy adults, the majority of them overweight, gave them maps detailing a 1-mile outdoor course and told them they would spend the next half-hour walking there, with lunch to follow. Half of the participants were told that their walk was meant to be exercise, while the other half were told their walk was purely for pleasure; that they would listen to music through headphones and rate the sound quality. After the walk, participants were served lunch. The participants who focused on exercising while walking felt more exertion (fatigue), were in a less positive mood, and consumed more soda and pudding than the participants who thought they were exercising for pleasure.

A follow-up study broadened and confirmed the above findings. The researchers in this study directed half of the participants to walk through a 1-mile route for exercise and the other half were told to follow the same



walking route, for the purpose of sightseeing. Afterwards, the participants were given a bowl to fill with M&Ms, as a thank-you gift. The participants in the exercise group served themselves more M&Ms than participants in the fun group.

Finally, to find out whether real-world people behaved similarly to those in the experiments, researchers evaluated 231 marathon runners after a race. When offered a healthy cereal bar or unhealthy chocolate bar, those who perceived their run experience as fun chose the cereal bar and those who perceived their run experience as less fun chose the chocolate bar.

Clearly, the more fun we have, the less we feel like compensating for that effort. So, the next time you're on the treadmill, walking, running or lifting weights, focus on what you consider fun about it.

Sources:  
Carolina O.C., et al. (2013). Is it fun or exercise? *Springer.10.* 1-6.  
<http://nytimes.com>  
<http://www.fitnessmagazine.com>

# Let's Exercise Outside!

With the sun shining, warm breezes and fresh air, it's hard to justify working out in a dark, climate-controlled gym. Especially, if you can build muscle just as effectively using your own body weight as you can by lifting iron in the gym. Exercising at your local playground can provide the optimal environment to help you achieve your goals.

Adult playgrounds are popping up in cities all over the world. If you don't have one where you live, you can use your local children's park. Since all you need is something to push on or pull on and a little open space, even using a park bench could give you a great full body workout. You can perform variety of exercises such as: jump squats; pull-ups using a tree limb or a jungle gym; dips using parallel bars; or floor exercises such as bear crawl and crab walk.

Exercising outdoors also has an effect of improving your mental well-being. In all the studies that have been conducted, participants reported enjoying the outside activity more and, on subsequent psychological tests, scored significantly higher on measures of vitality, enthusiasm, pleasure and



self-esteem, and lower on tension, depression and fatigue after they walked outside.

Like anything, there are a few precautions that you should keep in mind before you work up a good sweat:

- ◇ Always bring a BPA-free water bottle with you.
- ◇ Hydrate every five to 10 minutes.

Additionally, respect the sun by following these quick tips:

- ◆ Don't exercise between 10 a.m. and 2 p.m. when the sun is the strongest.
- ◆ Use a sunscreen that contains an SPF of 15 or higher.
- ◆ Wear protective clothing.
- ◆ Wear wraparound sunglasses that provide 100 percent UV ray protection.
- ◆ Take frequent breaks, and if you feel faint or lightheaded, have a drink of water and rest in the shade until the feeling goes away. If the feeling gets worse, stop exercising and seek medical care.

Sources:

<http://nytimes.com>

<http://www.mensfitness.com>

<http://www.alive.com>

## Critical Days of Summer



2014 CRITICAL DAYS OF SUMMER

The 2014 Critical Days of Summer, May 23 - Sept. 2, focuses on risk management for all summer activities - on and off duty. This year's theme, Risk: Double checks, not second thoughts,

reminds us to be responsible wingmen and to take care of ourselves, our families, and our teammates.

Here are some notable summer safety tips:

- Stay cool! Stay Hydrated! Stay

Informed!

- Keep food safe by following food handling recommendations.
- Stay protected from the sun by staying indoors during extremely hot temperatures.
- Keep bugs away with insect repellent.
- When in the woods, avoid poison ivy by wearing long pants, long sleeves, boots, and gloves.
- If you plan to swim in a river or stream, use extreme caution and stay away from swift moving water.

Sources:

Air Force Safety Center  
<http://healthvermont.gov>

## Fireworks Safety

Fireworks are often used to mark special events and holidays. However, if not handled properly, fireworks can cause burn and eye injuries in kids and adults.

The safest way to protect you and your family during the upcoming firework season is to not use any fireworks at home.

Instead, take your family for a night of firework displays by professional firework handlers. And while at the firework event, keep a close eye on your children.

Sources:

<http://fireworksafety.org>  
<http://www.nfpa.org/education>



Foodborne illness, sometimes called food poisoning is a common, costly and yet preventable problem. Each year, roughly 1 in 6 people in the United States gets sick from eating contaminated food. Anyone can get food poisoning. To reduce your risk, be savvy about how germs can be found in contaminated foods by following these tips:

## Clean

- Wash hands thoroughly with warm water and soap *before* and *after* handling food.
- Wash cutting boards, dishes, and utensils (including knives), and countertops with soap and hot water *after* each use.
- Rinse fresh fruits and vegetables under running water – but not meat, poultry, eggs.

## Separate

- If possible, use one cutting board for raw meat, poultry, and seafood and another one for fresh fruits and vegetables.
- Separate raw meat, poultry, and seafood from ready-to-eat foods in your grocery shopping cart, refrigerator, and while preparing and handling foods at home.

## Cook

- Use a food thermometer to ensure that foods are cooked to a safe internal temperature.
- Keep food hot after cooking (at 140° F or above).
- Microwave food thoroughly.

## Chill

- Germs can grow in many foods within 2 hours unless you refrigerate them.
- Keep your refrigerator below 40° F and refrigerate foods properly.

Sources:

<http://www.cdc.gov>

<http://www.fda.gov>



## PROTECT YOURSELF FROM STINGING BITE

### For a bee, wasp, or hornet sting:

- ♦ **Alert someone immediately** in case you have an allergic reaction.
- ♦ **Wash the area** with soap and water.
- ♦ **Remove the stinger** by wiping gauze over the area or by scraping a fingernail over the area. Never

squeeze the stinger or use tweezers.

- ♦ **Cover the area with ice** to reduce swelling.
- ♦ **Don't scratch the sting.** This may increase swelling, itching, and risk of infection.

Source:

Centers for Disease Control and Prevention



## The Power of Positive Thinking

Thursday, 24 July 2014

1200-1300

Chapel 2

Come join us to learn how to examine your attitudes and get an understanding of the positive aspects of thinking positively!



## Parenting Teens and Pre-teens

Tuesdays, 1, 15, 22 & 29 July 2014

1000-1200

Main Clinic (Multipurpose Room)

This class is intended to help participants use humor, hope, and empathy to build adult-teen relationships; provide boundaries and limits in a loving way; and teach consequences and healthy decision making.



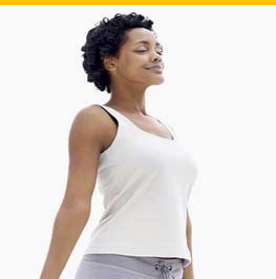
## New Pregnancy Orientation

Thursday, 3 & 17 July 2014

1000-1130

Building 5513 (Mental Health Clinic)

This is a class for all expectant mothers to navigate their way through pregnancy. Participants will receive information on the New Parent Support Program, how to register their baby in Tri-Care, etc.



## Yoga Breathing

Wednesday, 16 July 2014

1200-1300

Main Clinic (Multipurpose Room)

It has been said by some that the breath is the "life force" but many of us might be surprised to hear that the way we are breathing may be contributing to our stress levels.



## Returning and Reintegration for Spouses

Wednesday, 30 July 2014

1200-1300

Chapel 2

This workshop will address common issues related to re-uniting and reintegrating after a deployment.

## TOBACCO CESSATION

This 3-week class is facilitated by a former tobacco user and provides education and support to clients that desire to quit using tobacco. The program includes the use of nicotine replacement products to help you manage cravings and nicotine withdrawals.

Class Times: Tuesdays, 1200-1300

Class Dates:

1, 8, 15, 22, & 29 July

5, 12, 19, & 26 August

2, 9, 16, 23 & 30 September



## BE WELL

The new Air Force (AF) BE WELL program is an intervention program that consists of options concerning behavior modification, fitness and nutrition education. These options include a healthy weight program, physical conditioning (cardiovascular and strength) programs. **Cardio Training** is designed for members trying to improve their cardiovascular fitness, but who do not necessarily need weight loss or strength training guidance. **Strength Training** is designed for members trying to improve push-ups, sit-ups or overall total strength, but who do not necessarily need weight loss or cardio improvement. **Healthy Weight Program** is a comprehensive weight loss program that features hands-on nutrition and weight-loss education. Ideal for individuals trying to decrease their abdominal circumference.

Classes & Dates:

### **Cardio Training**

2, 16 & 30 July at 11:00 a.m.

13, 27 August at 11:00 a.m.

### **Healthy Weight**

1, 15 & 31 July at 13:00 p.m.

12, 28 August at 13:00 p.m.

### **Push-up/Sit-up**

1, 15 & 30 July at 15:00 p.m.

12, 28 August at 15:00 p.m.



**Cardiopulmonary Resuscitation (CPR):** This class covers CPR and AED skills for adults and children. Once completed, participants will receive a two year American Heart Association card. Priority given to Physical Training Leaders (PTLs).

Class Times: Wednesday, 1300-1600

23 July

20 August

## PHYSICAL TRAINING LEADER (PTL) INITIAL

The initial Physical Training Leader (PTL) class is an all day (8 hours) course designed to teach the basic concepts for safe and effective exercise programs, as well as the administration of the Air Force Physical Training Test. Topics covered include, but are not limited to: Exercise training principles/concepts, exercise technique, injury prevention strategies, and class design. Members are required to have and maintain CPR certification and a passing PT assessment.



Class Times: 0800-1600  
Class Dates for the Quarter:  
24-25 July  
21-22 August

## PHYSICAL TRAINING LEADER (PTL) REFRESHER

The refresher Physical Training Leader (PTL) class is an 8-hour course designed to reinforce and build on the basic concepts from the initial course. Lecture will go more in depth in regards to training principles, concepts, and exercise science. Members are required to have and maintain CPR certification and a passing PT assessment.

Class Times: 0800-1600  
Class Dates for the Quarter:  
24 July  
21 August



## FAC Reminders

Testers are required to show up fifteen minutes prior to the start of your Fitness Assessment wearing the proper Air Force PT uniform (squadron shirts are not allowed). Make sure you have your current AF Form 469 in hand if you are on a profile and your identification. We cannot test you without them. Lastly, be respectful throughout your testing session. 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.

## 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.

# Civilian Health Promotion Services



## Civilian Health Promotion Services



### July 2014 UV / Safety Awareness Month

Have you had your CRP this year? Your CRP includes a free cholesterol, glucose, and blood pressure screening!  
661-277-3667

Call our team today to reserve a spot in one of our classes!

- Legend:**  
 CHPS BLDG 2204  
 AFRL  
 NASA  
 BLDG 1  
 BLDG 2750  
 PL 42 FIRE DEPT  
 BLDG 3810  
 BLDG 5620

Mon	Tue	Wed	Thu	Fri
30	1 1100-1200 Healthy Eating on Vacation @ BLDG 2750	2 1200-1300 Food Safety @ BLDG 2204 CHPS	3 0915-1015 Skin Cancer @ BLDG 3810	
7 0800-1100 walk-ins CRP Screenings/BP Checks @ BLDG 2204 CHPS 1200-1300 Healthy Eating on Vacation BLDG 2204	8 0930-1030 Men's Health/HBP @ PLANT 42 FIRE	9 1300-1400 Skin Cancer @ BLDG 2204 CHPS	10 0830-0930 Men's Health/HBP @ PLANT 42 FIRE	11 0800-1100 walk-ins CRP Screenings/BP Checks @ BLDG 2204 CHPS
14 0800-1100 walk-ins CRP Screenings/BP Checks @ BLDG 2204 CHPS	15 0900-1000 Taking Control #1 Key Spouses BLDG 5620	16 1300-1400 Self Care & Injury Prevention @ BLDG 2204 CHPS	17 1130-1230 Food Safety/Meal Planning @ AFRL	18 0800-1100 walk-ins CRP Screenings/BP Checks @ BLDG 2204 CHPS
21 0800-1100 walk-ins CRP Screenings/BP Checks @ BLDG 2204 CHPS 1200-1300 Healthy Eating on Vacation BLDG 2204	22 1300-1400 Skin Cancer @ BLDG 2204 CHPS	23 1200-1300 Walk Your Way to Better Health @ BLDG 2204 CHPS	24 1300-1400 Recipe Modification NASA Armstrong FRC BLDG 4839	25 0800-1100 walk-ins CRP Screenings/BP Checks @ BLDG 2204 CHPS
28 0800-1100 walk-ins CRP Screenings/BP Checks @ BLDG 2204 CHPS 1200-1300 Supermarket Shopping BLDG 2204	29 	30 1300-1400 Meal Planning / Healthy Eating on Vacation BLDG 1 RM 104	31 1300-1400 Skin Cancer @ BLDG 2204 CHPS	1



# 5-K/7.5-K/10-K FUN RUN/Walk

**WHEN:** 2nd Wednesday of each Month

**LOCATION:** Rosburg Fitness Center Parking Lot

**START TIME:** 0730

## Upcoming Events

**9 July 2014** – “Give a little, Help a lot” Fun Run/  
Walk

**13 August 2014** – Fit Fest Fun Run/Walk

**10 September 2014** – Patriot Fun Run/Walk

## Seasonal Delights

Late summer (July-August) is packed with delicious fruits and vegetables such as cucumbers, tomatoes, summer squash, corn, green beans, lettuce, watermelon, strawberries, cantaloupe, blueberries, peaches, apricots, kiwi, raspberries, and plums.

Early Autumn (beginning in September) is peaked with seasonal delights such as grapes, pomegranates, pumpkins, spinach and lettuce.



**Tip:** Go green at the farmer's market and bring your own shopping bags!

The City of Lancaster's BLVD Farmers' Market is held every Thursday from noon to 6 p.m. (warm weather hours: 3-8 p.m. May through October) on the BLVD between Ehrlich Avenue and Date Avenue.

The BLVD is your destination space for seasonal certified produce including berries, greens, Asian vegetables and more. Also enjoy Gourmet breads and baked Goods, prepackaged foods, specialty products and arts and crafts.

Abundant Harvest Organics is an alliance of small family farmers in Central California dedicated to growing superior organic produce.

By subscribing to Abundant Harvest Organics you can go to one place every week to get a healthy variety of produce all packed up and ready to go (no time spent shopping).

More information can be found at [www.abundantharvestorganics.com](http://www.abundantharvestorganics.com).

*These organizations are not endorsed by the HAWC, the United States Air Force, or the Department of Defense, or the information, products, or services contained therein. The United States Air Force does not exercise any editorial control over the information you may find at these locations. Such links are provided consistent with the stated purpose of the Web site.*

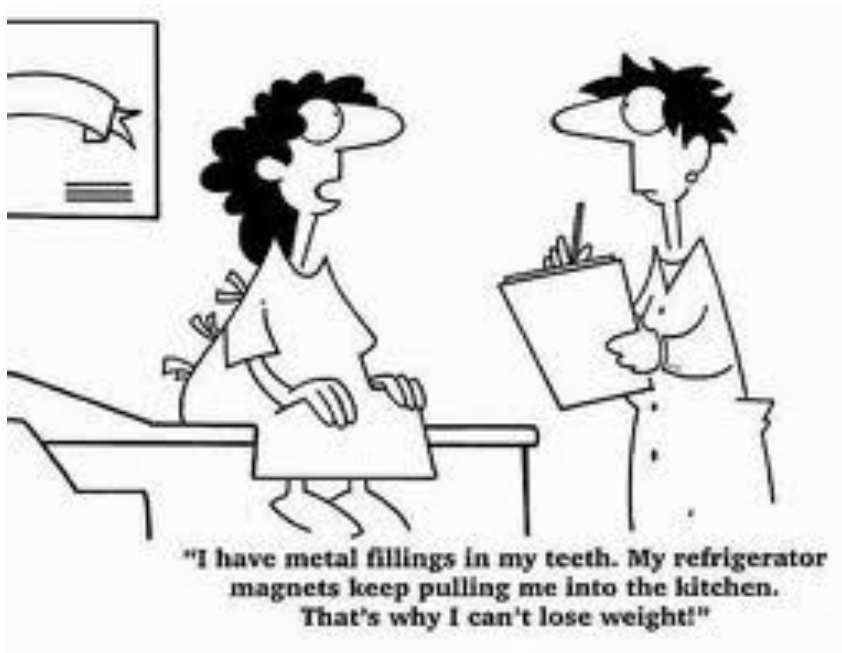


Want to Quit?



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](http://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, 1<sup>st</sup> Sgt, CC, helping agency (Life Skills, Chaplain, FSO)

Got Wingman?