

STAY FIT!

APRIL 2015

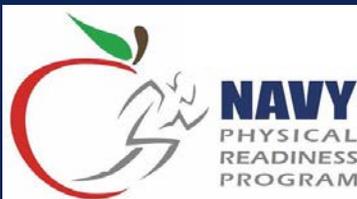
NUTRITION TIPS:

Inflammation affects almost every organ in the body and contributes to the development of over 30 diseases. One way to combat this is to eat more plants! This will promote anti-inflammation and enable disease prevention

Fitness Tips:

Physical activity is one of the most important things you can do for your health. Working out regularly has many benefits to your health, such as: controlling your weight; reducing your risk of heart disease, type II diabetes, metabolic syndrome and some cancers; and it helps improve your mental health and mood.

BUILDING A CULTURE OF FITNESS



[Email us your motivating PT photos to be highlighted in our next Stay Fit Newsletter!](#)

CFLs and ACFLs are demonstrating 1 of 12 recommended Navy stretches at the 2 day CFL Seminar held in NAB Coronado, CA.

Workout of the Month: “Denton”

Go to [Sample Workouts](#) on our website for more information

NOT ENOUGH TIME FOR A LONG WORKOUT? TRY THIS ROUTINE IN YOUR WORKSPACE

Warm up (5 minutes) – walk around work space

Day 1

50 Squats, 50 Jumping Jacks, 50 Crunches, 25 Push-ups

Day 2

55 Squats, 55 Jumping Jacks, 55 Crunches, 30 Push-ups

Day 3

60 Squats, 60 Jumping Jacks, 50 Crunches, 35 Push-ups

Day 4

65 Squats, 65 Jumping Jacks, 65 Crunches, 40 Push-ups

Day 5

70 Squats, 70 Jumping Jacks, 70 Crunches, 45 Push-ups

Cool down (5 minutes)

ABOUT THE [WORKOUT](#): Rear Admiral Denton graduated from the United States Naval Academy in three years with the class of 1947. Denton served as a Naval Aviator during the Vietnam War and was the Commanding Officer of Attack Squadron Seventy-Five (VA-75) aboard the aircraft carrier USS Independence (CVA-62). Denton was also held as a prisoner of war for almost eight years in North Vietnam. He is best known for his televised press conference in which he was forced to participate by his North Vietnamese captors. Denton used the opportunity to communicate successfully and to confirm that American POWs were being tortured by repeatedly blinking his eyes in Morse code during the interview, spelling out “T-O-R-T-U-R-E”.