

STAY FIT!

AUGUST 2014

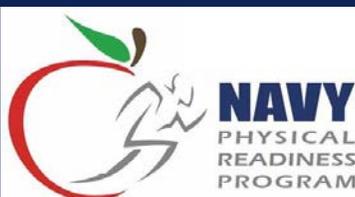
MUSCLE BALANCE

Muscle balance refers to the strength ratios between opposing muscle groups (e.g. biceps and triceps, hamstrings and quadriceps, etc.). Muscle balance is a concept used in the prevention of injuries from long-term training. It is important to train all the muscles around a joint. Failure to do so could cause a strength imbalance leading to injury.

NUTRITIONAL GUIDANCE

Is your base/installation serving the right food to support physical readiness? Conduct an m-NEAT survey and find out! Go to <http://www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/m-neat.aspx> for more information on how you can help assess your eating environment and start making a change to support the healthy choice as the easy choice!

BUILDING A CULTURE OF FITNESS



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

NIOC Norfolk, located at Joint Expeditionary Base Little Creek, Va. poses for a photo after their morning workout. Hoorah NIOC Norfolk!

Workout of the Month: “Carver”

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

Dynamic Warm-up 10 minutes

Legs - 6 Basic Exercises

1. Barbell Squats
2. Dumbbell Lunges (Forward)
3. Seated Leg Press (45 degree)
4. Lying Leg Curls
5. Seated Leg Extensions
6. Standing Calf Raises

Cool-down

12 Navy Recommended stretches

ABOUT THE WORKOUT: USS George Washington Carver (SSBN-656), 1966-1993. Submarine named in honor of the noted scientist George Washington Carver. George Washington Carver was born a slave in Diamond Grove, Missouri, around 1864. He is one of the nation's most famous agricultural scientists. He is best known for his research on peanuts and his commitment to helping southern farmers. He passed January 5, 1943.