

STAY FIT!

APRIL 2014

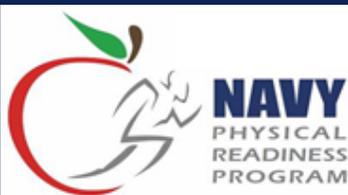
Selecting Shoes

Remember that all feet are different. When selecting running shoes, you need to identify any problems with your feet first, such as high arches, low arches, flat feet, pronated feet or supinated feet.

This will make your shoe selection easier and allow you to have a safer run without injury.

Consult a physician or podiatrist if you need assistance identifying your personal needs.

BUILDING A CULTURE OF FITNESS



[Email us your motivating PT pictures to be highlighted in our next Stay Fit Newsletter!](#)
Naval Hospital Sigonella celebrates after a morning workout lead by their CFL.

WORKOUT OF THE MONTH: "Jones"

Warm-up 5-10 min

Perform 1 minute of push-ups and 1 minute of curl-ups. Note your scores.

Locate a 400m track or map out a 400m distance.

Run six laps with 1 minute of rest in between each lap. This can be increased to 1.5 minutes for less conditioned Sailors. Each lap should be approximately 70% of each Sailors max speed.

Perform 1 minute of push-ups and 1 minute of curl-ups. Try to beat your earlier scores.

1 lap cool down, walking or light jog.

Perform the 12 Navy Stretches located in the Command PT Guide

About the Workout: John Paul Jones was an officer of the Continental Navy of the American Revolution. He helped establish the traditions of courage and professionalism that Sailors of the Navy embrace today. One of his famous quotes is "I wish to have no connection with any ship that does not sail fast for I intend to go in harm's way."