

# STAY FIT!

## APRIL 2016

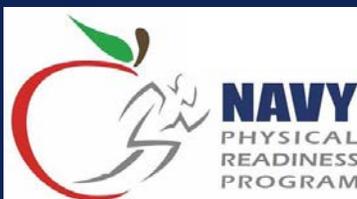
### HEALTH TIP:

**GET ENOUGH SLEEP!!!** Busy schedules, exciting nights out and stress can all keep you from getting the rest you need, but this comes with a huge price. Research has shown that just 30 minutes less of sleep one or two nights a week can lead to weight gain, changes in insulin levels, and prevent quality mental focus the next day. Over time it can even lead to heart disease, type 2 diabetes and obesity. To have your body working at its best, it has to have a reset. Think of sleeping just like working out—it works around the clock for you to improve all other areas of your life. So, put it in your daily calendar just like a meeting and make it happen!

### FITNESS TIP:

Take it outside! Exercising outdoors offers even more health benefits than going to the gym. Hiking, biking and walking in the fresh air have a greater positive effect on mental health than exercising indoors, a recent study found. Just five minutes of outdoor activity can improve mood, reduce stress and increase self-esteem—so take a walk after lunch for a more productive afternoon.

*BUILDING A CULTURE OF FITNESS*



Command Fitness Leader students practicing abdominal circumference (AC) measuring techniques and agility drills in a recent CFL course at NSA Hampton Roads, Virginia.

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

#### **Workout of the Month: “ Wade”**

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

#### **HIGH INTENSITY INTERVAL TRAINING (HIIT)**

**TARGET AREAS: BOOTY AND CORE**

Dynamic Level 1 Warm up (5 minutes)

Booty HIIT Workout: Repeat 5 times, for time.

- 10 Squat Jumps
- 30 second wall sit
- 10 lunges jumps
- 30 second wall sit

Rest/Hydrate: 2 minutes

Plank HIIT Workout: Repeat 4 times, for time.

- 30 seconds elbow/forearm plank
- 10 push ups
- 30 seconds right side plank
- 20 plank jacks
- 30 seconds left side plank
- 30 seconds planking running
- 30 seconds arm plank

Cool down and Stretching (10 minutes)

ABOUT THE WORKOUT, EODC Patrick L. Wade was killed by enemy action while conducting combat operations in Salah Ad Din Province, Iraq on 17 July 2007. He was a member of Explosive Ordnance Disposal Mobile Unit Eleven, Naval Air Station Whidbey Island, Washington.