

# STAY FIT!

FEBRUARY 2015

## MOTIVATION

Motivation can be defined simply as the direction and intensity of one's effort or as one's direction to behavior or what causes a person to want to repeat a behavior and vice versa. Staying active and physically fitness in the Navy requires our Sailors to be motivated, proactive and dedicated.

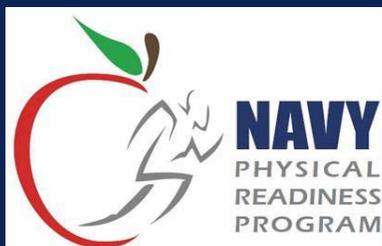
## NUTRITIONAL GUIDANCE

Your approach to food selection dictates how you fuel your body. Next time you grocery shop or eat at a restaurant, look at the food you are about to choose and ask yourself:

- What's in this food product?
- Who/what tells me this is food (ex: media, pop culture, doctor on TV?)
- Is this good for me in any way?
- Who/what influenced me to choose this (ex: TV or magazine ad?)

MAKE THE INFORMED CHOICE!

*BUILDING A CULTURE OF FITNESS*



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

**NSA Bahrain motivated CFLs and ACFLs completed the 5 day CFL course. The group poses for a picture after the final test. "Are You Ready"! Stay Fit!**

## **Workout of the Month: "SHIELDS"**

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

### Dynamic Warm-up 10 minutes

### Circuit Training

Complete 4-6 cycles of each exercise per station.

1. Squat with Overhead Press w/ Resistance Bands
2. Spiderman Push-Ups
3. Bicycle Crunches
4. Front Shoulder Raises w/ Resistance Bands
5. Tricep Extensions w/ Resistance Bands
6. Seated Rows w/ Resistance Bands
7. Bicep Curls w/ Resistance Bands

### Cool-down

### 12 Navy Recommended stretches

**ABOUT THE WORKOUT:** Construction Mechanic Third Class (CM3) Marvin G. Shields enlisted in the Navy January 8, 1962. After construction training, he served with Mobile Construction Battalion 11, and was with Seabee Team 1104 at Dong Xoai, South Vietnam. On June 10, 1965, a Vietcong regiment attacked his position. After being wounded, Shields continued to carry up ammunition to the firing line, and after receiving a second wound, he insisted on helping a more severely wounded soldier. With his injuries, he again exposed himself to enemy fire, volunteering to help knock out a machine gun which had the entire camp pinned down. Shields died from wounds he received after he and others succeeded in destroying the enemy machine gun emplacement, thus undoubtedly saving the lives of many of their fellow servicemen in the compound. He posthumously received the Medal of Honor on September 13, 1966.