

STAY FIT!

JANUARY 2015

NUTRITION TIPS:

Recovery from physical training is all about adequate rest, rehydration and proper nutrition at the right time.

If you PT longer than 90 minutes, make sure to have 50g of carbs and 12g of protein within 45 minutes after the completion of your workout. Then, have 50g of carbs every 2 hours for 6 hours thereafter.

Check out this excellent resource for optimal recovery and improving performance:

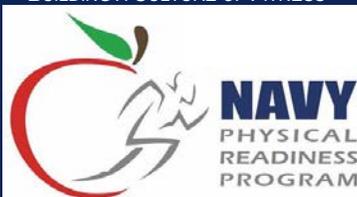
[Human Performance Research Center](#)
– Nutrient Timing and Training

Fitness Tips:

Sprinting is a powerful asset to any training program. Its effect is long-lasting and reverberates throughout multiple aspects of health and performance.

Performing sprints regularly is likely to improve your body composition, strength, fitness level, stamina, and explosiveness. Since sprinting is relative to the individual, it is scalable to any ability level.

BUILDING A CULTURE OF FITNESS



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

NIOCC Norfolk, JEB Little Creek, VA poses for a photo after their PT session.

Workout of the Month: “Alvarez”

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

5 minute warm-up

Treadmill Sprints

6.0 incline 30 second sprint - 30 second rest

7.0 incline 30 second sprint - 30 second rest

8.0 incline 30 second sprint - 30 second rest

9.0 incline 30 second sprint- 30 second rest

Recovery (walk 2 minutes)

(Treadmill Sprints 4 Sets)

Cool-down: walk 5 minutes / stretch

ABOUT THE [WORKOUT](#): CDR Everett Alvarez was born Dec. 23, 1937. Alvarez was a Navy combat pilot who flew the A4C Skyhawk and served with Attack Squadron 144 aboard USS Constellation during the Vietnam War. He was the first American incarcerated at the Hanoi Hilton where he endured one of the longest periods as a POW in American military history. He is the recipient of the Silver Star Medal, two Legion of Merit awards, two Bronze Stars, the Distinguished Flying Cross and two Purple Hearts.