

STAY FIT!

JUNE 2015

SHIN SPLINTS

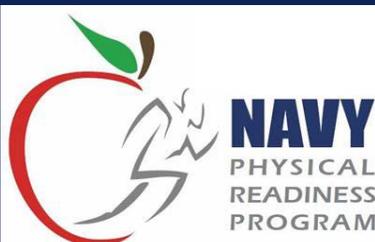
Shin splints are a common ailment in runners. It can occur from an increased running volume or running on a harder surface. At the first sign of shin splints, use ice for 20 minutes to relieve pain and massage the lower leg to relive the tightness. If needed, rest or perform some non-weight bearing activities.

NUTRITIONAL GUIDANCE

Do you believe fruits have a ton of sugar and therefore aren't good for you? Well, it's a down right lie.

THE TRUTH: All varieties of fruits have numerous and different health benefits. The sugars in fruit are metabolized differently in the body than table sugar. The benefits of fruit intake outweigh any perceived ill effect from the sugar content. Your health will only benefit from fruit intake, so have at it!

BUILDING A CULTURE OF FITNESS



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

U.S. Pacific Fleet Sailors participate in warm-ups before competing in the Coalition of Sailors Against Destructive Decisions' (CSADD) kickball tournament to help launch physical fitness awareness month. (U.S. Navy photo by Mass Communication Specialist 2nd Class Tamara Vaughn/Released)

Workout of the Month: "Fellowes"

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

Dynamic Warm-up 10 minutes

Set up 5 stations in close proximity to each other. Split group between five stations. Each station will be 1 minute in length. After each station, the whole group will run 800 meters (2 laps around a standard track). Groups will rotate to all stations. A total of ten 800 meter runs should be completed by the end. Adjust times and distances as needed and provide rest and water breaks.

Stations

1. 30 yard shuttle run
2. Squat Jumps
3. Plank
4. Push-ups
5. Supermans

Cool-down

12 Navy Recommended stretches

About Fellowes: Captain John. H. "Jack" Fellowes was a pilot and prisoner of war during the Vietnam War. He was known as "Happy Jack" because of his sense of humor which helped him and other POW's survive while in captivity. He was awarded the Silver Star for his "conspicuous gallantry and intrepidity while a POW. He passed away on May 3, 2010.