

STAY FIT!

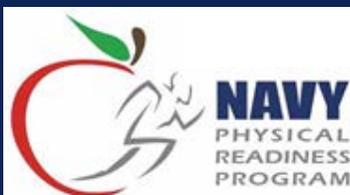
MAY 2013

Regular physical activity is one of the most important things you can do for your health.

Some benefits include:

- Releases endorphins that reduce the perception of pain and promotes euphoria
- Reduces stress
- Boosts self-esteem
- Improves sleep
- Strengthens the heart
- Increases energy levels
- Lowers blood pressure
- Helps reduce body fat

BUILDING A CULTURE OF FITNESS



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

SUEZ CANAL (Apr. 5, 2013) - Sailors and Marines run on the flight deck aboard the Amphibious dock landing ship USS Carter Hall (LSD 50) during a 'Fun Run' as the ship transits the Suez Canal. Carter Hall is part of the Kearsarge Amphibious ready Group and, with the embarked 26th Marine Expeditionary Unit, is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 3rd Class Chelsea Mandello/Released)

WORKOUT OF THE MONTH: **"PICKENS"**

(click on the link or go to our website and look in Sample Workouts)

Warm-up 5-10min

Level 1 (30 sec), Level 2 (1 min), Level 3 (2 mins)

Cardiovascular Exercises

Jumping Jacks, Quick Feet, High Knees, Lateral Shuffle 3 steps to the right touch the deck and repeat to left.

Strength Training and Conditioning – Lower Body

Squats, Box Jumps/Step Ups, Walking Lung, Wall Squats, Calf Raise

Strength Training and Conditioning – Upper Body and Abdominal Muscles

Push-ups, Seated Row, Dips, Shoulder Press, Front Arm Raise/Lateral Arm Raise, Bicep Curls, Planks, Bicycles, Crunches

About the Workout: Harriet Ida Pickens was one of the first of two Black female officers commissioned in the Navy. In October of 1944, the Navy announced the decision to integrate its female reserve program. On December 26, 1944, the Navy commissioned its first Black Female Officers. Pickens worked as a Public Health Administrator and led physical training sessions at the Hunter Naval Training Station in Bronx, N.Y.