

STAY FIT!

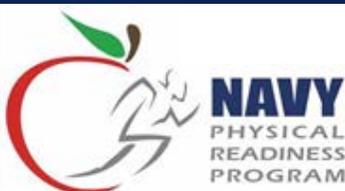
SEPTEMBER 2013

Height, Weight, BMI, and the United States

The CDC reports that average weight and BMI have increased for both genders, all race and ethnic groups, and all ages from 1960 to 2002. Among adults, average weight increased more than 24 pounds. Average height has also increased for most ages and both genders but not as dramatically as weight.

Ogden, C; Fryar, C; Carroll, M; Flegal, K; Mean Body Weight, Height, and Body Mass Index, United States 1960-2002. Division of Health and Nutrition Surveys, CDC.

BUILDING A CULTURE OF FITNESS



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

Sailors motivating Sailors! YN1 McMillian (on left) finishes her PRT with motivated (left to right) PS1 Cuevas, YNC Ziglar-Jones, and YN1 Batten during the N1C2 CNRFC PFA.

WORKOUT OF THE MONTH: "The Pingno"

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

Warm-up 5-10 min

1. 50 Squats (no weight)
2. 50 Calf Raises on elevated surface
3. 50 Lunges
4. 50 Calf Raises on elevated surface
5. 2 Mile run (note 1.5mile run time)
6. 5 Min Rest
7. Alternating Push-ups with partner:

Both partners start in the front leaning rest position. First person completes a full push-up and stays in the up position while the other partner completes a push-up. The partners continue alternating until muscle fatigue.

Cool-down and stretch 5-10 min

About the Workout: Seaman First Class Luke Pingno's lost his arm during WWII. He also became a POW and was forced to walk 60 miles in 12 days with 70,000 other POW's. This march is infamously known as the Bataan Death March.