

# USAF Fitness & Sports Newsletter

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*"Nations have passed away and left no traces, and history gives the naked causes of it—one single, simple reason in all cases; they fell because their peoples were not fit."  
 —Rudyard Kipling*

## STAND BY ME



*On this first anniversary of the terrorist attacks on the Pentagon and the World Trade Center, we pause to remember.* Most likely, each of us can remember exactly where we were and what we were doing on September 11 when we heard the horrible news of the attacks. The number 911 now has a very powerful and lasting meaning to all Americans. We should pay tribute to and never forget all the many American heroes of that day, many of whom perished in the attacks on our beloved homeland. They are highly deserving of our honor and respect. Take time to remember.

The attacks changed many of our lives forever. Over the past year, we struggled with new security procedures for entry to our bases and for airline travel, and have seen increased security awareness across the nation. While none of us dreamed that the horrific acts of that day would ever occur, neither did we imagine just how close it would bring us together as individuals, families, neighborhoods, and as a nation.

Although these events changed each of us, the United States of America is still the greatest nation in the world, and we continue to recover quickly. Like the attack on Pearl Harbor, this attack has unified the nation in a way that has not been seen in most of our lifetimes. The Stars and Stripes is seen in more places than ever before, and Americans are once again genuinely moved when the national anthem is heard. True to our forefathers, we responded with pride and commitment to make our great nation even stronger. America continues to be that lighthouse on the hill that the oppressed turn to for support.

The Air Force Fitness and Sports staff acknowledges and appreciates everything our men and women of Services and across the Air Force have done over the past year in response to the attacks. We deployed thousands of personnel in response to the attacks, and each and every one has made the entire Services community proud to be part of the Services family. Our personnel remaining at home station have selflessly worked countless overtime hours to meet the needs of our customers. We take pride in your efforts, standing shoulder-to-shoulder through tenuous times to support the needs of our community and our country. We stand committed to keeping America and the world's greatest Air Force strong. We pledge to continue to strive to provide quality programs and services in our fitness centers that promote fitness and readiness, quality of life, and esprit de corps for our customers and their families throughout the Air Force.



## The concept of progressive resistance

**T**he best strategy for building muscle is to gradually increase the amount of weight you are lifting and the number of repetitions you perform at that weight each time you lift. This is a two-pronged progressive resistance approach.

Here's how it works. Let's say you begin by pressing 25 lbs. After about a month, you feel that this weight is no longer enough for you. You can do the number of repetitions you're aiming for with little difficulty. Now it's time to increase the weight. Don't increase it by a large amount, but enough to make it a challenge again. Or, rather than adding more weight, try slowly increasing the number of repetitions you do at each session.

To reap the benefits you're seeking from your weight-training regimen, continually push your muscles to do more without overloading them. In other words, don't increase weight or repetitions until you really feel that the amount you're lifting is too easy for you. If you cannot do the lifts easily and with good form, it's not time to raise the bar for weight or number of repetitions. If you do, you may cause injury rather than enhancing muscle size or tone.

Good strength training requires that you increase both weight and repetitions gradually. In a nutshell, that is the concept of progressive resistance.

## Too much "good" food is still too much food

**N**o matter what foods you choose, if you eat too much, you're still going to have a hard time losing weight.

Getting to know your body well with regard to your eating habits is one of the best ways to avoid overeating. Try one or more of the following suggestions to help keep your food intake under control.

**1** → **Eat slowly.** Drink water with your meal, and leave some time between helpings to be sure you really want more to eat.

**2** → **Don't clean your plate.** Start by trying to take a little less than you nor-

mally eat. If you're full by the time you're three-quarters done, put the rest away for later.

**3** → **Eat until you are comfortably full.** If you feel satisfied, don't stuff yourself. Quit while you're ahead.

**4** → **Pay attention to your body.** Discern when your inner clock is telling you to eat. Pay more attention to your inner hunger than to your senses, which are seeing or smelling tempting food.

The more time you spend getting to know your body with regard to your hunger cycles, the better you'll be able to



control your appetite, and the more success you will experience in trying to reach your ideal weight. Not only will you reach that weight, but by learning to understand your cravings versus your actual need for food, you'll go a long way toward being able to maintain your weight loss.

## AEDs—A serious matter

**V**ery few victims of cardiac arrest actually make it to the hospital. To increase those statistics, EMTs and many "just plain folks" have learned CPR. Now, the automatic external defibrillator (AED) may have a greater impact on the effort to save lives.

The AED is a smaller model of the defibrillators used by doctors and paramedics. It employs an electrical current to halt the heart attack and help the heart to regulate itself. Patients who have been treated with the AED have a good survival rate, and the chances of brain damage are reduced as well.

Although the device is automatic and gives instructions to those using it, training is necessary. It is essential that those who would use the AED also know CPR and be prepared to act quickly in an emergency situation.

The presence of AEDs in health clubs has been a much-discussed topic over the last several months. Health club members with a history of cardiac problems and those who do not exercise consistently may be more likely to suffer cardiac episodes. For this reason, clubs are seeking to be prepared by training staff to recognize the symptoms of a heart attack, administer CPR, use an AED when necessary, and contact an advanced life support team as quickly as possible.

A new joint position statement by the American Heart Association (AHA) and the American College of Sports Medicine (ACSM) encourages AEDs in facilities with more than 2,500 members, older adults, or those where local EMS response may be five minutes or more away.

## DEVELOPING CHAMPIONS

**T**he Army Marksmanship Unit at Fort Benning, Georgia, hosted the 43rd annual Interservice Matches 15–20 June 2002. The USAF fielded a team of seven shooters in support of this year's matches:

- Col. Joe Chang
- Lt. Col. Art Rozier
- Lt. Col. Stephen Swartz
- Capt. Adam Curtis
- Lt. Col. John Wigle
- Lt. Col. Drake Selmer
- Lt. Col. Mark Hays

For the first time since the late 1960s, the USAF pistol team won a bronze medal during Interservice competition.

## President Bush sends message on physical fitness

**P**resident Bush recently outlined his new Executive Order on Physical Fitness, saying, "Better health is an individual responsibility, and it is an important national goal." The four main guideposts of the new initiative are:

- Americans should be physically active every day.
- Americans should develop good eating habits.
- Americans should get preventive screenings for such things as diabetes, cancer, and heart disease.
- Americans should eliminate tobacco, drugs, and excessive drinking.

The President said the federal government may, within the authority and funds otherwise available, expand the opportunities for individuals to empower themselves to improve their general health. Such opportunities may include improving the flow of information about personal fitness, assisting in the utilization of that information, increasing the accessibility of resources for physical activity, and reducing barriers to achieving good personal fitness.

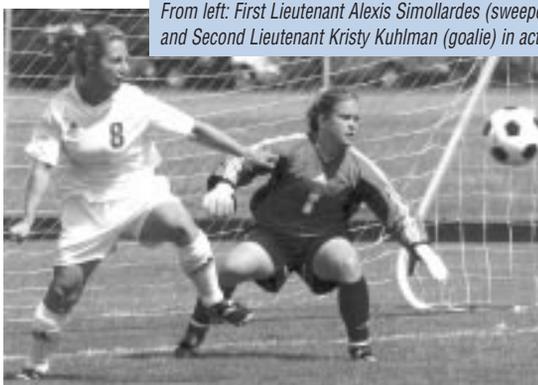
The President remarked in his announcement: "It is important for all of us to be responsible for the decisions we make in life. It's important for us to be responsible for taking care of our own health. And as we do so, not only will we each have a more fulfilling life, collectively we'll make a great contribution to the country we love."

## AIR FORCE PLAYS KEY ROLE IN FIRST U.S. VICTORY AT WOMEN'S INTERNATIONAL SOCCER CHAMPIONSHIP

**A**ir Force personnel played a major role in the United States Women's team winning the first-ever Conseil International du Sport Militaire (CISM) Soccer Championship, conducted at the Canadian Forces Base, Kingston, Ontario, Canada, 20–31 May. The team was coached by Technical Sergeant John Flynn, 61st Fighter Squadron, Luke Air Force Base. He won this honor when the Air Force Women's team took the 2002 Women's Armed Forces title at Fort Eustis, Virginia, earlier in May. The United States was undefeated in their four games of this championship, winning the gold medal when the team defeated Germany in the final game, 5–0. Second Lieutenant Kristy Kuhlman was voted the outstanding player in this final game, as she continued her outstanding play as the tournament's top goalie.

The U.S. team opened tournament play when it defeated the German team, 5–1. First Lieutenant Alexis Simollardes (Pope Air Force Base) was the most valuable player of this contest with her outstanding play as sweeper. The next game saw the United States beat the host Canadian team, 5–2, with Second Lieutenant Karrie Tarkowski of Brooks Air Force Base scoring two goals for the U.S. team. The third game the United States played was the closest in score, with a narrow 2–1 margin over the Netherlands. The most valuable player of this game was the U.S. goalie, Lieutenant Kuhlman. The semifinals followed, with the United States facing the host Canadian team once again. This game was much closer than the first contest, with the U.S. winning the contest, 2–0. The most valuable player of this contest was Second Lieutenant Rosemary Costello, Los Angeles Air Force Base, who scored one of the two U.S. goals.

Other Air Force players offering critical assistance in this championship event included First Lieutenant Polly Sandness and Second Lieutenant Laura Stearns of Wright-Patterson Air Force Base, and Second Lieutenant Jayne Baker, Los Angeles Air Force Base.



From left: First Lieutenant Alexis Simollardes (sweeper) and Second Lieutenant Kristy Kuhlman (goalie) in action.

# FITNESS—

## It's not just for adults

*If you're physically active, your children are more likely to be as well.*

However, the rate of obesity in children is around 25 percent, and about the same number get little physical activity. About 66 percent can't pass a fitness test. Schools do not necessarily provide daily exercise for children, and habits that include watching television and playing computer games only encourage this trend.

What can be done to help children become more physically fit for life? As mentioned before, the more active the parents, the more likely the children are to exercise as well. Here are some suggestions you can try to help keep your kids from turning into little couch spuds.

- **Emphasize fun rather than competition.** A little competition is fine once in a while, but the more fun your child has, the more likely he or she is to stick with the activity.

- **Exercise together.** Look for activities the whole family can do that promote

healthy lifestyles. Try bicycling, walking, hiking, or swimming together.

- **Look for opportunities to encourage your child by praising his or her performance.** On the other hand, if the child is tired, bored, or becomes injured, don't push him or her to continue. Only activities your child enjoys will become habits.

- **Limit the amount of time your family spends watching television.** And don't eat in front of the TV except on special occasions (a get-together during the Super Bowl, for instance).

Developing healthy habits that will last a lifetime should begin as soon as your child can move. He or she is watching you and is very likely to emulate your fitness habits. If you emphasize healthy physical activities while they're still young, you will be teaching them lessons that can help them be more physically fit as adults.



## Bend and stretch

*Flexibility training is often an afterthought when it comes to working out or playing a particular sport, but it should be a focus of any exercise routine.* Spending serious time stretching both before and after a workout can provide many benefits, such as:

- ✓ **Better performance**—Joints that are flexible enjoy a wider range of motion with less exertion.
- ✓ **Less chance of injury**—Decreased resistance in joints and tissues lowers the chance of injury during a workout or game.
- ✓ **Less soreness tomorrow**—When joints are supple, they are less likely to be sore the next day. Long, slow stretches are the best for reducing this type of pain.
- ✓ **Improved posture**—Stretching can improve muscular balance and soft-tissue alignment for better posture and less straining of muscles and other tissues.

Developing a good flexibility training program means looking at the activities you usually participate in and the muscles that are used most often. Those are the main muscles you need to stretch. Second, consider the areas where you notice you have tightness or have had injuries in the past. As you stretch these areas, pay special attention to how your body responds. Don't overdo it by stretching too long, reaching too far, or using bouncing motions. Warm up even before you stretch. A brisk walk is a good way of doing this.

# How much do I need to work out?

**H**ow often and how intensely you work out depend on a variety of factors.

The two main ones are:

- whether you are a beginner or more experienced exerciser
- what you want to accomplish

If you are under a doctor's care, you will want to get his or her professional opinion about the intensity of your exercise routine.

**If you are a beginner**, exercising three days a week is a good way to start. Give yourself rest days in between, and slowly build up to a more rigorous schedule.

**If you're a more seasoned exerciser** (jogger, walker, aerobicizer), you can work

out up to 200 minutes per week, but not for more than 60 minutes per session.

**If you're weight training**, don't work the same muscle groups each day. Muscles need time to recuperate and build up between workouts, so lifting three days a week on nonconsecutive days is a good schedule to follow.

With any exercise routine, consistency is essential. Not sticking with your routine means you won't see the results you're seeking and can even lead to injury. Going overboard and exercising too often, for too long, or too intensely can lead to strains and plateaus. Keep your workouts consistent and regular to experience the most benefits from your exercise routine.



## Skip a rope

**W**ant an inexpensive, low-impact, aerobic exercise that can help whip you into shape? Try skipping rope. Sure, you did it as a child, but it may not be too late to take it up again.

Some of the benefits of skipping include:

- **Low impact**—Jumping rope is easier on the feet and knees than running.
- **Age-defying**—Skipping can help you improve your balance and coordination, ward off osteoporosis, give you a good aerobic workout, and help you to keep off that extra weight.
- **Good for your body**—Jumping rope can help you to tone your legs and hips.
- **Overcome stress**—By focusing on your workout (it's hard to jump rope without concentrating), you can forget your worries and let go of the stress that's bogging you down.
- **Take it anywhere**—A jump rope and sneakers fit easily into almost any suitcase.

Before beginning a jump rope workout, you need to get physician approval—as you should before starting any new exercise program. You'll also need a good pair of aerobics shoes or cross-training sneakers.

## Getting your sleep?

**I**nsomnia is a common problem.

Between 10 and 25 percent of Americans suffer from it. People who go as long as a month without getting a good night's sleep are considered to have chronic insomnia. The effects of lack of sleep can range from crankiness to depression to an increased chance of having an auto accident.

Recent studies show that battling insomnia with behavioral changes may have better and more long-lasting results than using medications. Here are some tips that anyone can use to help improve their ability to fall asleep and get restful sleep:

- Avoid caffeine after lunchtime and alcohol after dinner.
- Get regular exercise, but try not to exercise within the last three hours before your bedtime.
- Do relaxing things, such as reading or taking a bath, just before you go to bed.
- Naps should be kept to less than an hour. Mid-afternoon naps should be avoided altogether.
- Keep a schedule that has a specific bedtime and gets you up around the same time each morning.



If you're not feeling sleepy, don't go to bed. If you do go to bed and can't fall asleep within 20 minutes, don't lie there obsessing about how you can't sleep. Get back up and find something to do that will relax you. Pressuring yourself to fall asleep generally has the opposite effect.

If these suggestions don't help you improve your sleep situation, contact your physician. Professional help is sometimes necessary to determine the exact nature of your sleep problem and find a solution that works for you.



## Want stronger joints?

**P**eople who suffer from arthritis can benefit from exercises that are specifically tailored to strengthen their joints. Unfortunately, for many people with arthritis, certain types of workouts are just too stressful. The good news is that there are many activities that are still within their range.

One of the pluses of strengthening the muscles surrounding the joint is that it can decrease the amount of stress put on the bones. Here is a list of activities that can help you stay flexible without hurting yourself.

- Swimming or exercise classes that take place in the water can be excellent for arthritics.
- Climbing stairs either at home or by using a piece of exercise equipment can strengthen hips and knees.
- Bicycling is a good exercise because it isn't weight-bearing like walking or running, but it still gives you a good workout. Stationary bikes are excellent if you'd rather not brave it outside.
- Stretching exercises (do 30 minutes three times each week) can help make joints stronger and muscles more supple for increased flexibility.

If you are overweight, exercise can help you shed excess pounds, which will benefit your condition as well. Talk to our trainers to learn more about exercises that can help you keep your joints more flexible and less stressed by your arthritis.

## 3 REASONS TO WORK OUT EARLY



**W**ant to burn more fat during your workout? Try exercising first thing in the morning. We have early morning hours to accommodate this purpose. By working out early, you will:

1. burn more fat;
2. burn more fat; and
3. burn more fat.

*Seriously, by working out early, you will experience...*

### 1 → HIGHER ENERGY

Reap the rewards of higher energy during the day and an uplifted early morning attitude.

### 2 → INCREASED METABOLISM

If you don't go right back to bed after a morning workout, you will benefit from the effect of an increased metabolism for many hours, and continue to burn more fat as you go about your daily routine.

### 3 → INCREASED FAT BURNING

First thing in the morning, the level of sugar in your blood is reduced, causing you to burn fat rather than carbohydrates. Just after waking is the best time to encourage your body to burn fat.

For other tips on how to burn more fat, talk to our knowledgeable staff. We'll be happy to help you reach your weight-loss and fitness goals.

## USAF FITNESS AND SPORTS

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