



Staying Fit: The Ultimate Rightsizing

SHAPE Info

It's time to get into SHAPE!

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Motivational Fitness Fair

On **26 Aug 10**, SHAPE / Navy Wellness will sponsor our Fall Motivational Fitness Fair. Our Fair will be **0900-1200**, in deFlorez Multi-Purpose Room (room 1103). This event is open to all Center employees (including contractors). The intent of this event is to motivate all employees to get continue their regular exercise routine. There will be info on SHAPE discounts at local facilities. There will be free snacks courtesy of CMWRA and SHAPE.

CPR / AED Training

Cardiopulmonary Resuscitation (CPR) / Automated External Defibrillator (AED) will be offered on **14 Jul 10**, 0900-1100, in deFlorez Multipurpose Room (room 1103). Learning CPR is easy. You could help save the life of someone.

PEO STRI employees sign up for course through Total Employee Development (TED): Select "Education and Training," then search for "CPR". All other employees would need to send an email to shape@peostri.army.mil with your name, phone number and organization to request to attend.

This course prepares the lay rescuers to perform the essential CPR skills and AED usage. The course has a scenario-based practice session, integrated skills evaluation and case-based evaluation to reinforce the essential knowledge needed to properly complete CPR and use an AED



23 Jun 10 SHAPE Safety Fair: Anthony Grabowski, Fairwinds Credit Union, provided Larry Flynn guidance on finance investments.

Photographer: Doug Schaub

Hiring Contractors

On **11 Aug 10**, SHAPE / Navy Wellness will sponsor "Do's and Don'ts for Hiring a Contractor" seminar. This seminar will be held 1200-1245 in deFlorez Conference Room 1061. Our instructor for this seminar is Carlos Morales, Chief Consumer Investigator for Orange County Consumer Fraud Unit.

During this seminar you will learn how to determine if you are hiring a qualified Contractor for your effort. An overview of the different types of Licenses and the Orange County permitting process will be discussed. This seminar is open to all Center employees and their families.

SHAPE Center

Our SHAPE Center is open to all Team Orlando employees. This facility is located in the Research Commons Room 3026 (3rd floor). Only requirement is that prior to using this equipment that you complete the green Release of Liability form (located in the rack in the room).

The exercise equipment in our SHAPE Center includes Nautilus Time Machine, treadmills, exercise bikes, NordicTrack, Lifecycle Stepper, Elliptical, and weights.

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On-Site Mammogram Screenings

SHAPE / Navy Wellness will sponsor on-site Mammogram Screenings by Women's Mobile Medical Services (WMMS) for all eligible female employees and family members with a **prescription** for a **Screening Mammogram** covered by insurance that have not had a screening mammogram within the past year. The mobile unit will be located in deFlorez South Parking Lot 0800-1700 on 14 Sep 10. **Bring your Mammogram Screening prescription and insurance card** with you to your scheduled appointment. You can register online at: www.womensmobilemedical.org Their number is: 407-349-2007.

Guidelines:

No self-history of breast cancer --No current breast lumps or masses --No nipple bleeding, nipple deformation or breast dimpling --Not pregnant or currently nursing a baby --No previous cosmetic breast surgery (augmentation) (They need a breast ultrasound at the time of their mammogram to be a thorough diagnostic mammogram and best serve the patient needs.) --No breast symptoms causing your physician to prescribe a diagnostic mammogram -
-No biopsies within the previous 2 years.

NUTRITION & THE HEART

The Basics

Vitamin and mineral supplements combined with an unrefined diet high in fruits and vegetables, some omega-3 oils, no hydrogenated fats

and a good lifestyle are the basics for a healthy heart. Include weight control, not smoking, some exercise and the ability to manage stress and you will improve your general health and prevent or help control heart disease.

A Healthy Diet

Science shows that a varied diet of relatively unrefined foods with many fruits, vegetables, brown rice and whole grains is the basis of a healthy diet. Unfortunately, these foods are becoming scarce in many Western diets. When processing these foods, we lose at least 75% of the minerals, vitamins, fiber and antioxidant nutrients. These very micro-nutrients now turn up as the underlying causes of slow-building diseases.

Most of the world's heart and cardiology organizations suggest reducing saturated (solid) fat and cholesterol while increasing polyunsaturates. While less fat is generally good, the only clear benefits of fat substitutions are those with omega-3. Polyunsaturates without omega-3 can in fact cause harm (all the high omega-6 linoleic oils: corn, sunflower, safflower or cottonseed) and especially if partially hydrogenated (shortening and 90% of margarines). Use 1 or 2 teaspoons of cold pressed lin(flax) oil (the low calorie route) or 2 tablespoons of (preferably cold pressed) canola or unhydrogenated soy. Walnuts are good too. Otherwise, regularly eat fatty fish which also has these heart-healthy oils. Virgin olive oil has no omega-3 but it's the healthy unprocessed oil for daily use. Butter is better than margarine except possibly

unhydrogenated canola and soy based types.

Reduce sugar, white flour, white rice, ordinary white noodles and foods that are deep fried, have shortening and anything "hydrogenated".

Potassium (in bananas, celery, potatoes, fruits & veggies) and magnesium (whole grain, nuts, greens) can help prevent heart attacks. Sweating and most diuretics flush out these spark plugs for the heart. Recommend you drink at least eight 8oz. glasses of water daily.

Exercise

Everyone knows that regular physical activity has a direct link to weight loss, lowering cholesterol levels, fighting obesity, controlling heart disease and helps maintain general good health. Make it a part of your daily routine. There is an excellent chance that with long-term use of these foods, supplements, omega-3's along with regular exercise, you will significantly reduce your risk of sudden heart death.

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NOTE: The opinions expressed in these articles in this SHAPE Info are those of the author. They do not necessarily represent those of PEO STRI, AMC, the Department of the Army or the Department of Defense