



Staying Fit: The Ultimate Rightsizing

SHAPE Info

It's time to get into SHAPE!
 Editor / Publisher: Gary Ashland

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Army / Air Force Wins SHAPE Volleyball

by: Víctor Colón

SHAPE Volleyball Challenge 2010
 Orlando, FL: The Army/Air Force – Navy/Marie Corps met for the annual Volleyball Challenge on Thursday, October 28, 2010; a sunny, hot, and humid late October afternoon. The Teams rotated most or all players for each game to mitigate the impact of the heat & humidity. SHAPE coordinated the Team pictures and the referees, provided water, and managed the score board.

The Army/Air Force took the lead on the first game. The Navy/Marine Corps trailed closely throughout the game, and the Army/Air Force never relinquished the lead. The Army/Air Force won the first game 25-19.

The Navy/Marine Corps took the lead on the second game and for a moment it seemed that they were going to run away with it. The Army/Air Force rallied back to tie the game after a few game jitters and other miscellaneous distractions. The Army/Air Force won the second game 25-23 after a few hard-fought lead changes.

The Army/Air Force ran away with the lead on the third game after playing a “jogo bonito”-type of game (i.e., like a well-oiled machine). They closed the game, and the match, 25-6.

The Army/Air Force salutes the Navy/Marine Corps for a well played match. In the end, sportsmanship, camaraderie, and safety prevailed.



Army / Air Force Winning Volleyball Challenge Team: Top Row (left to right): Kyle Griffin, Maj John Heidmann (USAF), Erick Serrano, Víctor Colón, Maj Tom Solz (USAF), LTC Richard Haggerty (USA), Phong Pham; Front Row Left to Right: Jason Malak, Toni Karnitz, José Pepín, Mike Wilkins, Megan Allums



Navy / Marines Volleyball Challenge Team: Top Row (left to right): Benito Graniela, MSgt Blake Staehr, Humberto Romero, Gregoriy Dougherty, David Voor, Erin Barton; Bottom Row: Alberto Torres-Valls, Cameron Mayhew, Scott Turner, Mario Talana

Photographer: Doug Schaub



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Army rallies in SHAPE Volleyball Challenge. Erick Serrano blocks volley.

Photographer: Doug Schaub

Yoga for Absolute Beginners

by CDR Greg Owens

Yoga is for everyone! Yoga is one of the few activities that everyone can do. It offers access to the sick and infirm, the super athlete and the novice, the elderly and the young, people with physical and mental challenges, those who carry stress and those who choose not to, the rich and the poor, basically everyone. But most importantly, Yoga has benefits for you.

The SHAPE program and Navy Wellness Team offer free yoga classes twice per week in the DeFlorez Building, Multipurpose Room. CDR Gregory B. Owens, a certified yoga teacher, guides an afterwork class in the practice of basic Hatha Yoga. This class is

taught at the “absolute” beginner level. Since beginning this class in May 2010, dozens of Active Duty and Retired Military, Federal Government Civilians, and Dependents have tried the class.

Yoga offers the following benefits: strength, flexibility, detoxification, freedom of motion, balance (both emotional and physical), more efficient respiration, calmness, self-awareness, resistance to infection (by stimulating the lymphatic system), increased pain tolerance, injury prevention, improved posture and much more. A regular yoga practice has always been used to improve the essential matters in life.

For years, yoga has been called a trend. In reality, yoga has been practiced for centuries. It has its roots in ancient India. But it does

not belong to India. As with all good things in humanity, Yoga is enjoyed all over the world. Yoga is a personal practice, which when done routinely, will lead to optimum wellness. Try it out!

Yoga for the Absolute Beginner, Monday and Wednesday, 1630-1730, DeFlorez Bldg, Multipurpose Room. Bring a mat and a friend! Namaste!

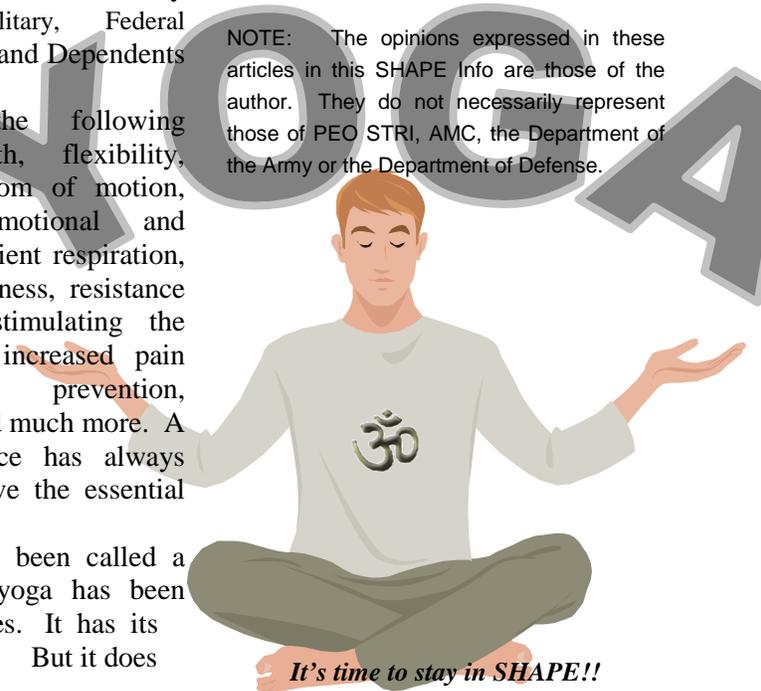
For more information, contact Gregory B. Owens, 407-380-8511.

SHAPE / Navy Wellness sponsors free classes every Monday and Wednesday 1630-1800 in de Florez 1041. For more info contact CDR Greg Owens at 407-380-8511.

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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.



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