



Staying Fit: The Ultimate Rightsizing

SHAPE Info

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

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SHAPE Volleyball Challenge

On 28 Oct 10, SHAPE will sponsor our annual Army/Air Force versus Navy/Marine Corps Volleyball Challenge. It's time for both Army and Navy to get ready for the big volleyball game!! Game time begins at 1530, at deFlorez volleyball court. Encourage fan support!!

Army / Air Force team lead is:

Victor Colon

Navy / Marine Corps team lead is:

Erin Barton

Go ARMY/Air Force!!

Go NAVY/Marine Corps!!



Flu Shots

SHAPE / Navy Wellness is offering Flu shots at \$25 on 16 Sep 10, 0900-1100, in deFlorez Multipurpose room (room 1103).

This is your chance to greatly minimizing your chance in getting the flu or pneumonia this season!! **This event is open to all employees and their families.**

The following persons should NOT take the flu vaccine: (1) Those with an allergy to (a) eggs (b) gentamicin (or related aminoglycoside antibiotic) (2) Persons who have a febrile illness or another active infection. (3) Those with a past history of Guillain-Barre Syndrome. Persons under 18 and pregnant women cannot receive the shot.

The following persons should CHECK with their medical provider and obtain written recommendations prior to receiving the vaccination: (1) People taking Coumadin (Warfarin) of Theophylline preparations. (2) People taking cancer fighting drugs or large amounts of corticosteroids or whose immune systems are depressed for other reasons.



SHAPE's Motivational Fitness Fair: During our 26 Aug 10 Fair, Dr. Robert Coch of Oviedo Family Chiropractic, provided posture evaluation.

Photographer: Douglas Schaub, Visual Information Support Services

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 need to register online at (25 appointments minimum required): www.womensmobilemedical.org Their number is: 407-349-2007.

CPR / AED Training

Cardiopulmonary Resuscitation (CPR) / Automated External Defibrillator (AED) will be offered on **18 Nov 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



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Four Principles of Hand Awareness

The best way to prevent epidemics or pandemics is washing your hands. Following the 4 Principles of Hand Awareness you will be in virtual isolation regardless of the people around you. The four principles of hand awareness are: (1) **WASH** your hands when they are dirty and **BEFORE** eating. (2) **DO NOT** cough into your hands. (3) **DO NOT** sneeze into your hands. (4) Above all, **DO NOT** put your fingers into your eyes, nose or mouth! Direct contamination (inoculation) of your mucus membranes (eyes, nose or mouth) is how infectious disease enters your body. It is not wafting through the ventilation system in the building. Work together to minimize the fear factor of infectious disease pandemics. Only you are responsible for giving yourself the flu or flu-like illness.



You can obtain more info at: <http://www.henrythehand.com/>

SHAPE Ideas contact:

Gary Ashland 407-384-3945
Lorraine Tuliano 407-380-8683
Jason Magno 407-380-8523
MSgt David A Malinski 407-208-5732
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How Not To Become A Victim Of Crime

Kevin Gilpin of the National Crime Stop Program will be our guest speaker for "How Not To Become a Victim of Crime" on 14 Oct 10, 1200-1300, in deFlorez Multipurpose Room (room 1103). The purpose of the seminar is NOT to scare or frighten but instead to create awareness and explore realistic options. Crime rates are higher than ever with the economy as low as it is. Unfortunately it is just going to keep getting higher with all of the layoffs happening. We do not want you or any of your family members to end up being the next victim. National Crime Stop objective is to prevent persons from being victimized. This presentation will be on Credit/ debit card fraud, parking lot safety, muggings, purse snatches and home break ins. Please confirm your attendance to this seminar by sending your name to Amy Wright at amy.ncsp@yahoo.com

This seminar is designed to Build Awareness, Enhance Security and Ensure Safety in a "Fun, Fast Paced & Entertaining Manner." The information given in the seminar comes from direct research and statistics from agencies such as:
Local Police Departments
County Sheriff's Offices
Federal Bureau of Investigations
Rape Crisis Centers
Domestic Abuse Clinics
Florida's Office of the Attorney General

Fleet Gym & SHAPE Center

All Center employees may use either the "Fleet Gym" in the

deFlorez (1st floor south end of building), or the SHAPE Center in Research Commons Room 3024. Our SHAPE Center has Nautilus TimeMachine, Treadmill, Cross-Trainer, and Lifecycle!!

Exercise Partners

Working out alone often is an oasis of solitude in a busy day, but maybe you need some company. Exercise companions add a social element to any routine. Ask a friend to be your workout partner—you won't skip a workout if someone is waiting for you. Just about every sport or activity has a club; to find one, ask around at gyms or local community centers. Keeping up with the crowd also means you'll be challenged to improve your skills. Ask about organized workouts and fun runs offered by local track clubs, as well as group rides hosted by cycling clubs.

September / October Lunch & Learns

Held in de Florez Multi-Purpose Room beginning at 1200 (noon)

8 Sep	Social Security Program
22 Sep	Thrift Savings Plan
15 Sep	A Healthy Kitchen
20 Oct	Social Security Program
27 Oct	Time Management



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.