

MCCS/USNH Health & Wellness Corner

APRIL 2004



Health & Wellness Events

- **Lose Weight the Easy Way:** Class meets **Apr 8 & 15 at 1600**, Conference Room B, USNH. Learn how to eat and exercise to lose weight successfully. Call 645-2620 to register.
- **Bike Maintenance Workshop!** **April 24 at 0830**, Get the bike running smooth for summer at this hands on workshop. Bring your bike, shoes, helmet, and everything else you would normally take on a ride. Call 645-2620 to register.
- **Healthy Heart Class:** Class meets on **Apr 27 at 1500**, Staff E&T Classroom 1, USNH. Learn how to lower your blood pressure and cholesterol. Call 645-2620 to register.
- **BALANCE:** Weight Management Support Group, meetings held **every Wednesday, 1700**, Conference Room B, USNH. Come out and find the support & motivation you need to achieve your weight loss & fitness goals. Call 645-3910/2620 for more information.
- **Tobacco Cessation:** 5-week class, starts **Apr 27, 1700**, USNH Galley. Call 645-2620 to register.
- **Fitness Month Aerobathon:** Courtney Gym, **May 1**, 0900-1200. Cholesterol, Blood Pressure, & Body Fat screenings from 0800-0900. Please fast for 12 hours for the Cholesterol screenings. This event is free and open to everyone. Call 645-3484/3910 for more details.

Pregnancy & Beyond Fun Fair

April 17, 1000-1600

Camp Foster Community Center

**Join the USNH Okinawa & MCCS Health Promotion for
a day full of fun & learning!**

- Featuring fun educational presentations on pregnancy, nutrition, exercise, breastfeeding, and MUCH more
- Door prizes, raffle drawings, food, and entertainment
- Children's Corner with face painting, games, and mini-sibling classes
- Professional organizations such as USNH OB/GYN, Labor & Delivery, Perinatal Education, Pediatrics, and others such as New Parent Support, Family Advocacy, Child Development Centers, WIC Overseas, and many more

Pregnancy Massage

Camp Lester, 645-2089
MCAS Futenma, 636-2674
Camp Hansen, 623-4831

Call to schedule your appointment today!

Call 645-3910 for more information
about the MCCS Health Promotion
Massage Therapy Program.

Pre-Natal Yoga Classes

Semper Fit Gym
MCAS Futenma
Tue/Thu 1300-1400

Water Fitness Classes

Kubasaki Pool
Tue/Thu 1730-1830
Wed 1700-1800

- Call 645-3484 for information on the Island Wide Group Fitness Schedule!
- **Looking for a Personal Trainer?** Look no more...there is one Fitness Coordinator (FC) for each Marine Corps base that serves as the base "health and fitness resource" professional. Whatever your fitness goals are—we can help you achieve it!
 - Fitness Director, 645-3484
 - Schwab Power Dome, 625-2442
 - Hansen House of Pain, 623-4801
 - Courtney Fitness Center, 622-9486
 - Foster Gunner's Gym, 645-7834
 - MCAS Futenma, 636-3702
 - Kinser Sports Complex, 637-1114

Upcoming Run/Walk Events- May is Fitness Month!

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| May 8 | Nurses Week 5K and Kids 2.5K, Camp Lester |
| May 15 | Renaissance 30-Mile Relay (10 person teams) |
| May 29 | 15 Mile Run to White Beach |

Looking to improve your run time? Track interval workouts every Wednesday evening at 1700 on the Chatan Athletic Field next to JUSCO across from US Naval Hospital