



AUGUST 2004

MCCS/USNH Health & Wellness Corner

Health Promotion Latest & Greatest!

- **Kids Wellness Adventure Camp:** Aug 6-8 on IE Island, for girls and boys ages 10-12 years. Only \$75. Open to first 30 children...so hurry & sign up today! Plenty of exercise, sports, teamwork, hands-on learning, nutrition, tobacco, alcohol, and drug education. Call 645-2620 for more information.
- **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.
- **Healthy Heart Class:** Class meets on **Aug 12 at 1500**, Classroom #3, USNH. Learn how to lower your blood pressure and cholesterol. Call 645-2620 to register.
- **Tobacco Cessation:** 5-week class, starts **Aug 17 at 1700**, USNH Galley. Nicotine replacement & Zyban available. Call 645-2620 to register.
- **Lose Weight the Easy Way:** Class meets **Aug 19 & 26 at 1600**, Conf Room C, USNH. Learn how to eat and exercise to lose weight successfully. Call 645-2620 to register.
- **Camp Lester Family Running Challenge:** **Sat Aug 21 at 0700**. Fun races for all age groups. Meet at the Lester Fitness Center. Free! 645-2620
- **Fitness Q&A:** Do you have a health, nutrition, fitness, or workout question you would like to ask a fitness professional? Want an answer, but no time to get to the gym to ask a trainer? If so, go to the MCCS Okinawa website, www.mccsokinawa.com. Click on **Semper Fit** and **Fitness Q&A**. Type in your question and you will receive an answer from an MCCS Health Promotion Fitness Professional within 48 hours. You can also view our most frequently asked questions list.

August is...

***National Family Fun Month:** Visit www.FamilyFun.com for loads of ideas on arts & crafts, parties, recipes, parenting, travel, and family activities.

***National Apple Week (Aug 8-14)**

Apple Nutrition Facts Worth Thinking About... Source: www.usapple.org

- Apples are absolutely fat-free!
- One apple provides as much dietary fiber as a bowl of bran cereal. That's equal to one fifth of the recommended daily intake of fiber.
- Apples are loaded with pectin, a soluble fiber that aids digestion and may help reduce cancer and heart disease.
- The complex carbohydrates in apples give your body a longer, more even energy boost compared to high-sugar snacks. Snacking on apples can keep you going throughout the day.
- Apples provide boron, an essential trace element that helps harden bones. Strong bones help prevent osteoporosis.

***Children's Eye Health & Safety Month**

Protect Your Child's Sight... Source: www.preventblindness.org

- Each year toys contribute to 11,000 eye injuries in children.
- Most eye problems can be corrected if they are detected and treated early.
- The more you learn about children's eyes, the better you can help protect them!

MCCS Health Promotion: 645-3910 USNH Health & Wellness: 645-2620
MCCS Fitness/Group Fitness: 645-3484