



MAY 2004 MCCS/USNH Health & wellness Corner

"MAY IS FITNESS MONTH"



Health & Wellness Classes

- **Lose Weight the Easy Way:** Class meets **May 6 & 13 at 1600**, USNH. Learn how to eat and exercise to lose weight successfully. Call 645-2620 to register.
- **Healthy Heart Class:** Class meets on **May 18 at 1500**, Staff E&T Classroom 3, 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 **May 4, 1700**, USNH Galley. Call 645-2620 to register.

MCCS Fitness Events

- **National Fitness Month Aerobathon:** **May 1**, Courtney Gym. From **0800-0900**, free body fat & blood pressure tests and a fitness brief for all interested. From **0900-1200**, enjoy several formats of group fitness classes & plenty of food, prizes & fun!
- **Mother's Relaxation Escape:** **May 8, 1200-1500**, Gunner's Gym on Camp Foster. This will be a fun & relaxing yoga & meditation class for all Moms. The class will also include David Marquart, CMT at Camp Courtney, offering self-massage techniques. Class will also offer free food & prizes!
- **Aqua Aerobathon Kick Off:** **May 22, 0900-1100**, Kubasaki Pool on Camp Foster. Join us for a morning full of water aerobics & plenty of fun. Great chance to "get your feet wet" and prepare for the upcoming Water Aerobics season. Lots of food, fun, & prizes!
- **Bring a Friend to Aerobics Week:** **May 24-28**, offered at all MCCS Gyms that hold Group Fitness classes. If a participant brings a friend to class, the participant and the friend can enter their names into the drawing for great fitness related prizes. One name will be drawn from each gym and the end of the week.
- **Pick A Partner:** Having trouble finding a workout partner that lifts as much as you, has the same goal(s) or is available during the same time? Need someone to motivate you, to spot you or to talk to? Join the *Pick A Partner Program!* See your Fitness Coordinator at any Marine Corps Fitness Facility to fill out an information form. Let the workouts begin!
- **Body Building Competition Instruction:** Planning to compete in this year's **8th Annual Far East Bodybuilding Competition (Aug 15)**? Receive free information to help you prepare. Topics include: competition rules & regulations, judging criteria, proper clothing, posing, tanning, strength training and body composition, basic nutritional advice, & supplement awareness. For more information call 645-3484.
- Call 645-3484 for information on the Island Wide Group Fitness Schedule!

USNH Health Promotion Running Events

- **May 1:** 6-8 mile Training Run, 0630, leave from Lester Gym, no pre-registration required.
- **May 8:** Nurses Week 2.5K/5K, Camp Lester, Kids Run & Walkers start at 0735, 5K starts at 0800. Register in advance at USNH Health Promotion, \$10.
- **May 15:** Renaissance 30 Mile Relay, Camp Lester (5-10 per team), Register by May 7 at USNH Health Promotion, \$15.
- **May 22:** 10-12 mile Training Run, 0630, leave from Lester Gym.
- **May 29:** 15 mile run to White Beach! After the run, enjoy a breakfast buffet followed by a free bus ride back to USNH. Starts from the Lester Gym at 0600, \$10. 50 t-shirts for finishers!
- Call 645-2620 for more information on all running events.