

# MSC Norfolk - September 2019

## Health Promotion Calendar

Contact FOH Health Promotion Coordinator Leighanne Gerstbrein for information about Health Promotion Services at MSC Norfolk.

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Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>HOLIDAY</p>	<p>3</p> <p>0800-1000 Health Coaching</p> <p>1130-1200 Group Exercise</p> <p>1400-1420 Tuesday Take 20 Stretch Series</p>	<p>4</p> <p>0700-1100 Health Coaching</p> <p>1300-1330 Health Ed Class Topic: More Matters: Fruits and Veggies</p>	<p>5</p> <p>1130-1200 Group Exercise</p> <p>1100-1500 Health Coaching</p> <p>1400—1430 Webinar Topic: More Matters: Fruits and Veggies</p>	<p>6</p> <p>0930-1300 Health Coaching</p>
<p>9</p> <p>0800-1000 Health Coaching</p> <p>1100-1130 Health Ed Class Topic: Stress Less</p> <p>1300-1600 Health Coaching</p>	<p>10</p> <p>0800-1000 Health Coaching</p> <p>1130-1200 Group Exercise</p> <p>1400-1420 Tuesday Take 20 Stretch Series</p>	<p>11</p> <p>0700-1100 Health Coaching</p> <p>1300-1330 Health Ed Class Topic: Stress Less</p>	<p>12</p> <p>1130-1200 Group Exercise</p> <p>1100-1500 Health Coaching</p> <p>1400—1430 Webinar Topic: Stress Less</p>	<p>13</p> <p>0930-1300 Health Coaching</p>
<p>16</p> <p>0800-1000 Health Coaching</p> <p>1100-1130 Health Ed Class Topic: Salt and Sodium</p> <p>1300-1600 Health Coaching</p>	<p>17</p> <p>0800-1000 Health Coaching</p> <p>1130-1200 Group Exercise</p> <p>1400-1420 Tuesday Take 20 Stretch Series</p>	<p>18</p> <p>0700-1100 Health Coaching</p> <p>1300-1330 Health Ed Class Topic: Salt and Sodium</p>	<p>19</p> <p>1130-1200 Group Exercise</p> <p>1100-1500 Health Coaching</p> <p>1400—1430 Webinar Topic: Building a Healthy Core</p>	<p>20</p> <p>0930-1300 Health Coaching</p>
<p>23</p> <p>0800-1000 Health Coaching</p> <p>1100-1130 Health Ed Class Topic: Nutrition 101</p> <p>1300-1600 Health Coaching</p>	<p>24</p> <p>0800-1000 Health Coaching</p> <p>1130-1200 Group Exercise</p> <p>1400-1420 Tuesday Take 20 Stretch Series</p>	<p>25</p> <p>0700-1100 Health Coaching</p> <p>1300-1330 Health Ed Class Topic: Nutrition 101</p>	<p>26</p> <p>1130-1200 Group Exercise</p> <p>1100-1500 Health Coaching</p>	<p>27</p> <p>0930-1300 Health Coaching</p>
<p>30</p> <p>0800-1000 Health Coaching</p> <p>1100-1130 Health Ed Class Topic: Overcoming Gym Intimidation</p> <p>1300-1600 Health Coaching</p>				

## **This Month's Health Education Classes:**

### More Matters: Fruits and Veggies

Even though fruits and veggies have many health benefits, not many of us consume the recommended amounts. Come get a refresher on the great reasons to eat more fruits and veggies and how much we should consume daily. We will also share tips on how to stretch your budget to allow for more fruits and veggies, which ones are in season now, how to store them, and how to make them more appealing to picky eaters.

### Stress Less

You may feel there's nothing you can do about stress. The bills won't stop coming, there will never be more hours in the day, and your work and family responsibilities will always be demanding. But you have a lot more control than you might think. Stress management is all about taking charge: of your lifestyle, thoughts, emotions, and the way you deal with problems. No matter how stressful your life seems, there are steps you can take to relieve the pressure and regain control. Come learn about stress and the steps you can take to manage it, and leave feeling more empowered to handle your stress.

### Salt and Sodium

Do you think your sodium intake is low because you never sprinkle salt on your meals? It may be time to re-think this. Most Americans get more sodium than recommended before they ever pick up the salt shaker. Come learn where most of the sodium we eat comes from, why limiting sodium is a healthy choice, and tips for reducing sodium intake.

### Building a Healthy Core

This class will discuss risk factors for back pain, how to know when it's time to see a doctor about back pain, and actions to help prevent back pain. Come learn about posture, ergonomics, stretches, and exercises that can help build a healthy core and contribute to back care.

### Nutrition 101

Learn what a healthy eating plan looks like – which foods to eat more and which foods to eat less – and explore realistic strategies that make it easier to choose a healthy eating pattern.

### Overcoming Gym Intimidation and Starting an Exercise Program

We'll discuss the benefits of being active, the components of an exercise program, and how often to exercise. We'll start by talking about ways to overcome gym intimidation, and end with ways to overcome barriers to being physically active.

### **Group Exercise**

Even if you participate in a regular exercise program, sitting too much throughout your day can offset the health benefits of physical activity. Come join us to incorporate movement into your day with a quick, fun 30 minute workout! A five minute warm up and five minute cool down is included. ALL fitness levels are welcome! Bring exercise attire and a mat (if you have one – if not, no worries)!

### **Take 20 Tuesday stretch Series**

Join us for a gentle stretch session. This 20 minute class includes seated stretches and a breathing exercise. Relax, De-stress, and Unwind!

### **Health Coaching**

Allow a health coach to help you reach your health goals this year by providing you with the support you deserve! Health coaching provided by Federal Occupational Health (FOH) focuses on key aspects of healthy living such as weight management, physical activity and stress reduction. To enroll, please send an email to MSC Wellness at leighanne.gerstbrein.ctr@navy.mil. Please indicate your preference for in person or over-the-phone coaching in your email. We look forward to providing you with the coaching tools you deserve to help achieve your healthiest life.