

MSC Norfolk - June 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
3 Out of office	4 Out of office	5 Out of office	6 Out of office	7 Out of office
10 0800-1000 Health Coaching 1100-1130 Health Ed Class Topic: Injury Prevention 1300-1600 Health Coaching	11 0800-1000 Health Coaching 1130-1200 Group Exercise 1400-1420 Tuesday Take 20 Stretch Series	12 0700-1100 Health Coaching 1300-1330 Health Ed Class Topic: Injury Prevention	13 1130-1200 Group Exercise 1100-1500 Health Coaching	14 0930-1300 Health Coaching
17 0800-1000 Health Coaching 1100-1130 Health Ed Class Topic: Sleep Savvy 1300-1600 Health Coaching	18 0800-1000 Health Coaching 1130-1200 Group Exercise 1400-1420 Tuesday Take 20 Stretch Series	19 0700-1100 Health Coaching 1300-1330 Health Ed Class Topic: Sleep Savvy	20 1130-1200 Group Exercise 1100-1500 Health Coaching	21 0930-1300 Health Coaching
24 0800-1000 Health Coaching 1100-1130 Health Ed Class Topic: Get Your Plate In Shape 1300-1600 Health Coaching	25 0800-1000 Health Coaching 1130-1200 Group Exercise 1400-1420 Tuesday Take 20 Stretch Series	26 0700-1100 Health Coaching 1300-1330 Health Ed Class Topic: Get Your Plate In Shape	27 1130-1200 Group Exercise 1100-1500 Health Coaching	28 0930-1300 Health Coaching



Federal
Occupational
Health

This Month's Health Education Classes:

Injury Prevention

This class will identify the risk factors related to 'on the job' injuries, specifically in industrial locations. Come learn about the importance of maintaining an ergonomically sound work environment and leave being able to identify symptoms of injury and preventative techniques and exercises.

Sleep Savvy

When we think about our health-impacting habits, we often think of nutrition and exercise, but sleep is just as important! In this class we'll explore the relationship between sleep and health and discuss the benefits of sleep. We'll also share tips to help you get your best quality sleep.

Get Your Plate In Shape

Good nutrition is an essential element in the ability to lead a healthy and productive life. Let's go back to the basics and talk about nutrition fundamentals. We'll discuss MyPlate's five main food groups, how many servings of each to eat, tips for eating healthier, and portion control.

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.