

Health and Wellness Center (HAWC)

Hours of Operation: 0700-1630

Phone 385-2349

May 2008

Registration is Required



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Need a diet plan to lose or maintain weight? What about weight training? Trying to quit smoking? Call us, we can help. 385-2349</p>			<p>1 <u>Boot Camp-Fitness Ctr</u> 0600</p>	<p>2 <u>Boot Camp-Pride Hangar</u> 0600 <u>CPR Training</u> 1230-1630</p>
<p>5 <u>Boot Camp-Pride Hangar</u> 0600</p>	<p>6 <u>Boot Camp-Fitness Ctr</u> 0600 <u>Stress Management</u> 1100 - 1200</p>	<p>7 </p>	<p>8 <u>Boot Camp-Fitness Ctr</u> 0600</p>	<p>9 <u>Boot Camp-Pride Hangar</u> 0600</p>
<p>12 <u>Boot Camp-Pride Hangar</u> 0600 <u>PAR FIT</u> 0900-1000 <u>Pre/Post Natal Fitness</u> 1000-1100</p>	<p>13 <u>Boot Camp-Fitness Ctr</u> 0600 <u>FIP F/U</u> 0830 <u>Stress Management</u> 1100 - 1200</p>	<p>14 <u>Healthy Living Program</u> 0800-0900 <u>PTL Refresher</u> 1000-1200</p>	<p>15 <u>Boot Camp-Fitness Ctr</u> 0600 <u>PAR FIT</u> 1300-1400</p>	<p>16 <u>Boot Camp-Pride Hangar</u> 0600 <u>PTL Training</u> 0800-1600</p>
<p>19 <u>Boot Camp-Pride Hangar</u> 0600 <u>PAR FIT</u> 0900-1000</p>	<p>20 <u>Boot Camp-Fitness Ctr</u> 0600 <u>FIP F/U</u> 0830 <u>Stress Management</u> 1100 - 1200</p>	<p>21 <u>Healthy Living Program</u> 0800-0900 <u>Close at 1200 for mandatory MDG Training</u></p>	<p>22 Wing Safety Day <u>Boot Camp-Fitness Ctr</u> 0600 <u>PAR FIT</u> 1300-1400</p>	<p>23 ACC Family Day</p>
<p>26 Memorial Day</p>	<p>27 <u>Boot Camp-Fitness Ctr</u> 0600 <u>FIP F/U</u> 0830 <u>Stress Management</u> 1100 - 1200</p>	<p>28 <u>Healthy Living Program</u> 0800-0900 <u>UFPM Training</u> 1000-1100</p>	<p>29 <u>Boot Camp-Fitness Ctr</u> 0600 <u>PAR FIT</u> 1300-1400</p>	<p>30 <u>Boot Camp-Pride Hangar</u> 0600 <u>PTL Training</u> 0800-1600</p>

HLP, BCIP #1 & #2, FIP & BCIP monthly follow-ups are mandatory classes for AD members who score less than 75 on Fitness Test. Wt training counts as FIP follow-up!

PTL Training: Become a Physical Training Leader and lead your unit in a structured exercise program.

FAM Training: Learn to administer the Ergo (bike) test for members exempted from running component of Fitness Test.

UFPM Training: Become the Unit Fitness Program Manager for your unit. You will manage the fitness program to insure compliance.

Stress Management: Learn to cope and manage stress. Classes held every Tuesday at 1100. Contact Life Skills at 385-3656 for more information.

Cholesterol Lowering Education: Topics include identifying types of fat, dietary cholesterol, soy alternatives and exercise. Open to AD, retirees, their dependants and civilians.

DASH (Dietary Approach to Stop Hypertension): Learn to identify hidden sodium, understand the role of fruits and vegetables. Low sodium recipes provided. Open to AD, retirees, their dependants and civilians.

Type II Diabetes Education: Excellent class for individuals diagnosed with diabetes. Topics include carbohydrate counting, food labels, fat grams, portion size and much more. Open to AD, retirees, their dependants and civilians.

Get Fit for Life: Learn the value of breakfast, counting calories, fad diets, etc. Also, includes stretching, warm up and cool down, aerobic and anaerobic exercise. Open to AD, retirees, their dependants and civilians.

Sports Nutrition: Geared to the athlete's nutrition. Protein, how much is too much. Supplements, hydration and body composition are covered. Open to AD, retirees, their dependants and civilians.

Runner's Clinic: Get ready for the next race! Learn proper form, techniques and a training program; how to select correct shoe.

Commissary Tour: Join us for a stroll down the Commissary aisles and practice reading food labels. Learn exciting ways to incorporate sound nutrition into your lifestyle.

Cooking Light: FREE Samples! This hands-on demonstration will focus on low-fat cooking techniques. We will discuss low-fat food options and review recipe conversions. Limited seating.

Personal Wellness Profile (PWP): Individual appointments based on availability. Includes health assessment - cardio, muscular (strength/endurance) tests, and flexibility, blood pressure and body fat checks.

Tobacco Cessation: Need help to stop using tobacco products? Call the American Lung Association (ALA) Helpline at 1-800-548-8252. Identify yourself as an Ellsworth member. You will receive individual counseling/support. It is an eight week program; must call in once a week. If enrolled into the program, medications are available for pick-up at the 28 Medical Group pharmacy 2-3 duty days after each call. You may also attend our tobacco cessation classes held monthly.

TO ENROLL IN ANY CLASS, GO TO:

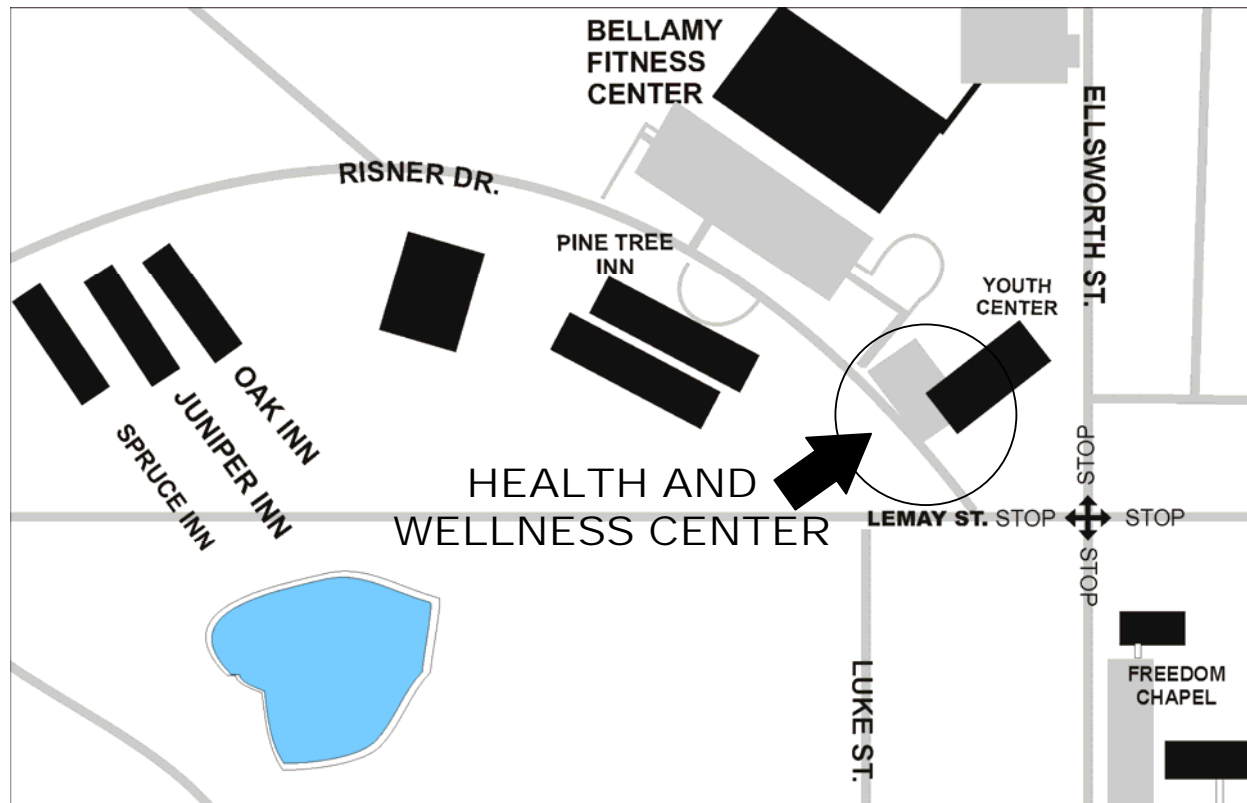
https://www.amc-ids.org/php/IDS_Campus/index.asp?Base_ID=27

WHERE TO FIND US

Up the stairs, behind the lighted marquee.



Health and Wellness Center Map



Registration is Required

Need a diet plan to lose or maintain weight? What about weight training? Trying to quit smoking?
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