

# STAY FIT!

OCTOBER 2014

## NUTRITION TIPS:

Do you Live in the Barracks and find it challenging to cook and eat healthy?

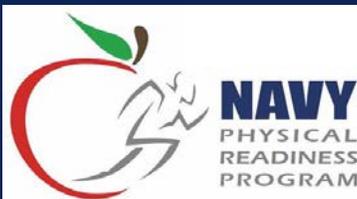
Check out the [BARRACKS COOK BOOK](#) for a healthy selection of easy to prepare meals in less than 30 minutes!

## Fitness Tips:

Include strength training in your weekly exercise regimen no matter what your fitness goals are. Strength training provides many health benefits such as: the improvement of muscle strength and tone, a healthy weight, and an increase in bone density.

The muscle needs time to repair and grow after a workout. Neglecting to give your muscles enough time to recover means they will not get bigger or stronger. A good rule is to rest for up to 48 hours before working the same muscle group again.

*BUILDING A CULTURE OF FITNESS*



*Email us your motivating PT photos to be highlighted in our next Stay Fit Newsletter!*

**Command VX-30 Bloodhounds at Point Mugu, California poses for a photo after PT session.**

### **Workout of the Month: "Brown"**

Go to [Sample Workouts](#) on our website for more information

#### Dynamic Warm-up 10 minutes

#### Basketball court Sprints

- 10, (4) count pushups - Sprint 1/3 court and back
- 10, (4) count bicycles - Sprint 1/3 court and back
- 10, (4) count Jump squats - Sprint 1/3 court and back
- 10, (4) count superman - Sprint 1/3 court and back
- Recovery (walk 1 lap around whole court)**
- 7, (4) count Pushups - Sprint 2/3 court and back
- 7, (4) count bicycles - Sprint 2/3 court and back
- 7, (4) count jump squats – Sprint 2/3 court and back
- 7, (4) count superman – sprint 2/3 court and back
- Recovery (walk 1 lap around whole court)**
- 5, (4) count Pushups - Sprint 2/3 court and back
- 5, (4) count bicycles - Sprint 2/3 court and back
- 5, (4) count jump squats – Sprint 2/3 court and back
- 5, (4) count superman – sprint whole court

Cool-down walk 2 laps around court

**ABOUT THE [WORKOUT](#):** Ensign Jesse Leroy Brown was born October 13, 1926. He enlisted in the Naval Reserve in 1946. Brown became the first African American to be trained by the Navy as an aviator. Brown was designated a Naval Aviator in October 1948 and assigned to Fighter Squadron 32. On December 4, 1950, while on a close air support mission near the Chosin Reservoir, Ensign Brown's plane was hit by enemy fire and crashed. Ensign Jesse L. Brown was awarded the Distinguished Flying Cross for his Korean War combat service.