

STAY FIT!

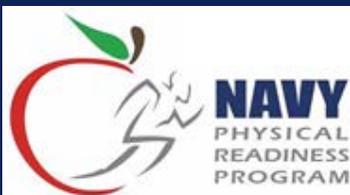
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VO2 Max is the maximum capacity of the body to transport and use oxygen. It is used to determine an individual's aerobic capacity.

In general, max aerobic capacity occurs at age 25 and declines steadily at a rate of about 1% per year.

This decrease can be combated with proper exercise.

BUILDING A CULTURE OF FITNESS



[Email us your motivating PT Pictures to be highlighted in our next Stay Fit Newsletter!](#)

Indian Head, Md. CFL class, led by Fitness Specialist Megan Eicholtz, pose for a picture after their final two-hour workout.

WORKOUT OF THE MONTH: "ALVAREZ"

Warm-up

Jog for 5-10min

Stationary Bike for 10 Min

Run for 10 Min

Stationary Bike for 10 Min

Run for 10 min

Cool Down

Walk for 5 Min

Stretch all leg muscles

About the Workout: Cmdr. Alvarez's plane was shot down in the immediate aftermath of the Gulf of Tonkin Incident in Vietnam. He is known for enduring one of the longest periods as a POW. Alvarez was in captivity for eight years and seven months and was repeatedly beaten. For almost a year he was the only aviator POW.