

STAY FIT!

SEPTEMBER 2014

Maximize your nutrient intake for optimal performance:

1. Eat at least 3 meals a day
2. Focus on variety at each meal:
Variety of food = variety of nutrients = healthy and fit body
3. Don't go without food for more than 5 hours (during waking hours)

*At each meal choose items from at least 3 different food groups.

FOOD GROUPS

- Grains (rice, pasta, bread, etc.)
- Fruits (fresh, canned^, frozen)
- Veggies (fresh, canned^, frozen)
- Dairy (milk, yogurt)
- Protein (lean meats, poultry, nuts, beans)

^Beware of added sugar or sodium.

*Visit www.choosemyplate.gov for all of your nutrition and meal planning needs.

BUILDING A CULTURE OF FITNESS



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

Ultimate Frisbee players compete weekly on board NSA Mid South as a way to relieve stress, workout, and build camaraderie between military and civilian workers.

Workout of the Month: "Clark"

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

Dynamic Warm-up 10 minutes

4-6 Cycles of...

- Plank for 1 minute
- 25 Squats
- Run 100 Yards
- 25 Pushups
- 40 Bicycle Crunches
- Run 100 Yards
- 10 Squat Jumps
- Rest 2-3 minutes

Cool-down

12 Navy Recommended stretches

ABOUT THE WORKOUT: Adm. Joseph James Clark was born and raised in the Cherokee Nation in Oklahoma. He was the first Native American graduate of the Naval Academy and commanded aircraft carriers during World War II.