



# USAFE Fitness

*Improving the fitness of our Airmen to meet the demands of our mission*

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## Winter Fitness Survival Challenge

According to various surveys, the average American gains between 5 to 7 pounds during the holiday period beginning at Thanksgiving and ending during New Year's festivities. While many believe the cause is excessive eating during the holiday period, much of the weight gain can be attributed to lack of exercise and physical activity. Exercise routines tend to be disrupted with travel and family visits. Additionally, when it's cold outside, we cut back on calorie-burning activities such as walks and outdoor chores. These activities may add up to only 100 calories burned per day, but this can account for 3 to 4 pounds of the total weight gain during the winter months. Setting a regular fitness schedule is a key to keeping weight off in winter.

To combat this phenomenon, USAFE Fitness is launching the "Winter Fitness Survival Challenge" incentive program from 1 Jan – 31 Mar 07. The goal of the program is to "burn" the equivalent of 5 pounds of fat (17,500 calories). Logging workouts into FitLinxx (available to all USAFE personnel and families) will enable calculation of caloric expenditure for this program. Individuals must bring a copy of their FitLinxx workout report once 17,500 calories are achieved to receive a long sleeved, USAFE Fitness t-shirt (while supplies last). Contact your base fitness center for more information on this program or to establish a FitLinxx account.

## Exercising Outdoors in Winter

Stay safe as you brave the elements with these tips from the Mayo Clinic:

**Dress in layers:** Start with a thin layer of synthetic material such as polypropylene, which draws sweat away from your body. Next try fleece for insulation. Top this with a water-proof, breathable outer layer. To warm the air you breathe, wear a face mask or a scarf over your mouth. Remember to wear a hat and gloves, too.

**Choose appropriate gear:** If you'll be outdoors when natural light is poor, wear reflective clothing. To stay steady on your feet, choose footwear with enough traction to prevent falls. Wear a helmet for downhill sports, especially if you're a beginner.

**Remember sunscreen:** Snow reflects the sun's rays, so sunburn is possible even if you're cold. You might want to wear lip balm, too.

**Head into the wind:** You'll be less likely to get chilled on the way back if you end your workout, when you may be sweaty, with the wind at your back.

**Drink plenty of fluids:** Drink water or sports drinks before, during and after your workout, even if you're not thirsty. Cold air has a drying effect, which can increase the risk of dehydration. In turn, dehydration increases the risk of frostbite.

**Pay attention to wind chill:** The wind can penetrate your clothes and remove the insulating layer of warm air that surrounds your body. Fast motion (i.e. skiing, running, cycling or skating) also creates wind chill because it increases air movement past your body. When the temperature is 10 F and the air is calm, skiing at 20 miles an hour creates a wind chill of minus 9. If the temperature dips well below zero or the wind chill is below minus 20, choose an indoor activity instead.

**Know when to call it quits:** If you notice a patch of hard, pale, cold skin, you may have frostbite. Get out of the cold and slowly warm the affected area. If numbness continues, seek emergency care. If you suspect hypothermia, characterized by intense shivering, slurred speech, loss of coordination and fatigue, seek emergency care.

*"It's all about the Team"*

## New Year's Resolutions

There is a right way and a wrong way to make a New Year's resolution. Here are a few expert tips from myGoals.com make your resolution a reality:

### 1. Create a Plan

Setting a goal without formulating a plan is merely wishful thinking. In order for your resolution to *have resolve*, it must translate into clear steps that can be put into action. A good plan will tell you A) what to do next and B) what are all of the steps required to complete the goal.

### 2. Create Your Plan

#### IMMEDIATELY

If you're like most people, then you'll have a limited window of opportunity during the first few days of January to harness your motivation. After that, most people forget their resolutions.

### 3. Write Down Your Resolution and Plan

Commit your resolution and plan to writing, such as in a notebook or journal.

### 4. Think "Year Round," Not Just New Year's

Nothing big gets accomplished in one day. Resolutions are set in one day, but accomplished with a hundred tiny steps that happen throughout the year. New Year's resolutions should be nothing more than a starting point. You must develop a ritual or habit for revisiting your plan.

### 5. Remain Flexible

Expect that your plan can and will change. Life has a funny way of throwing unexpected things at us, and flexibility is required to complete anything but the simplest goal. Sometimes the goal itself will even change. Most of all, recognize partial successes at every step along the way. Just as a resolution isn't accomplished the day it's stated, neither is it accomplished the day you reach your goal. Rather, it's accomplished in many small increments along the way. Acknowledge these incremental successes as they come.



## Leading the Way

Congratulations Team USAFE! We started 2006 leading the way in the Air Force Fitness Program and never looked back! You've worked hard both at program management and test performance. Here are a few highlights of our 2006 program:

USAFE led the Air Force in Fitness Readiness rate for the entire year finishing 2006 at 96.2% - the rest of the Air Force finished at 88%.

USAFE leads the way in fitness program management with 98.6% of USAFE Airmen current in both testing and education/intervention requirements.

Our overall fitness levels are better than ever! During 2006, we decreased our rate of Airmen testing in the "poor" category by 23% while increasing our rate of "excellents" by 26%.

"Testing before deployment" became a point of emphasis in 2006 and we were able to reduce deployment exemptions by 43% while reducing all exemptions by 30%.

USAFE is Fit to Fight!

## 2007 USAFE Sports Calendar

The recently released 2007 USAFE Sports Calendar contains an all time high of 40 different sporting events. Visit [www.UsafeFitness.org](http://www.UsafeFitness.org) to view the entire calendar or contact DSN 496-7935 for more information.

Date	Event	Location	Host
5-8 Jan	US Forces Europe Wrestling	Stuttgart, GE	INCOM-E
7-11 Feb	USAFE Ice Hockey	Garmisch, GE	USAFE
25 Feb-3 Mar	USAFE Basketball (Small Units)	Spangdhaem AB, GE	USAFE
4-10 Mar	USAFE Basketball	RAF Lakenheath, UK	USAFE
10-13 Mar	US Forces Europe Ski and Snowboard	Garmisch, GE	INCOM-E
13-18 Mar	CC-Air HQ Ramstein Volleyball Training Camp	HQ USAFE Services	USAFE
19-22 Mar	CC-Air HQ Ramstein Volleyball	Ramstein AB, GE	CC-AIR
29 Mar-1 Apr	Army/Air Force Basketball	Wiesbaden, GE	INCOM-E

*USAFE Fitness is...*a program aimed at improving the physical fitness of our Airmen to meet the demands of our mission. This command-wide program is committed to enhancing mission readiness and the quality of life of our "Total Force" through focus on physical and health regimes.

### Goals:

- Improve the physical fitness/readiness of our Airmen
- Expand and enhance fitness and sports opportunities
- Improve AF Five-Star Fitness Program rating at USAFE bases
- HAWC-trained PT leaders to conduct safe/effective exercises
- HAWC diet/injury advisory services - easily available/used

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