



# USAFE Fitness

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

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## Spring into Fitness

The warmer weather and daylight savings time coaxes the world around us to come alive again making this season is a great time to renew our commitment to a healthy lifestyle

Here are some tips to keep in mind as you head out the door this spring:

- 1) **Avoid high intensity exercise until a solid base fitness level is established.** It may take as long as 6 to 8 weeks to re-build a solid fitness base.
- 2) **Maintain Realistic Expectations.** If you significantly decreased activity during the winter, don't expect to be back in peak fitness quickly--go slow and just enjoy being outside.
- 3) **Follow a Training Program and Keep Records.** Establishing a training plan is beneficial to build back up to optimal fitness. FitLinxx contains numerous exercise programs depending on goals and preferred activities as well as training logs.
- 4) **Buy Good Training Shoes.** Proper shoes with good support, plays a role in preventing injuries. Choose a shoe that's designed for the exercise you perform most often.
- 5) **Mix Up Your Routine.** Find a variety of activities that keep your workouts fresh. This will provide the added benefit of reducing stress to parts of your body that receive high impact in your favorite form of exercise.
- 6) **Have Fun.** Keep in mind that this is 'Spring Training.' It's time for fun, light-hearted exercise. Relax and enjoy being outside again.

## Inaugural US Forces Europe Triathlon

USAFE and INCOM-E teamed up with the annual 1.FC Kaiserslautern German triathlon to create an additional military classification within this event. As the first venture into the triathlon world, both Army and Air Force sports offices are excited about this being a major program in the future.

**WHEN:** Saturday, 19 May 07, 1300  
**WHERE:** Warmfreibad, Kaiserslautern  
**COST:** 18-28 Euro (depending upon event)  
**EVENTS:** Sprint (500m swim/20km bike/5km run) and Olympic (1500m swim/40km bike/10km run) with team relays for both events  
**MISC INFO:** Various age classes, chip timing, must have ITU license  
**WEBSITE:** [http://pages.fck-triathlon.de/index.php?option=com\\_content&task=view&id=34&Itemid=75](http://pages.fck-triathlon.de/index.php?option=com_content&task=view&id=34&Itemid=75)

For additional information, please contact Steven Lowe (DSN 496-7934 or e-mail [steven.lowe@sembach.af.mil](mailto:steven.lowe@sembach.af.mil)) or visit [www.usafefitness.org](http://www.usafefitness.org)



*"It's all about the Team"*

## Make a Positive Change in Your Lifestyle

*Captain Angela Hester, Nutrition Program Manager, Ramstein HAWC*

There is no doubt that what we eat impacts performance, but can the military beat the bulge of our “growing” society? Current AF Fitness Management Software data shows that 12.8 percent of the USAFE AD population is obese. Obesity is defined as a Body Mass Index of 30 or greater. Obese members are at higher risk for developing high blood pressure, high blood cholesterol, type 2 diabetes and stroke. Changing nutrition attitudes and behaviors are essential to “slimming” down our force and improving health risk, physical fitness and military readiness.

Where to start? The fitness center? The commissary? The great thing about making lifestyle changes is they can start at anytime and anywhere. Let Services be your guide. Attend some of the great fitness classes or start making healthier selections at the dining hall or commissary.

If you are not sure where to begin, stop by your local Health & Wellness Center. Talk to the experts and get started on the path to better health today.

## What's the Buzz About Bars?

*Captain Angela Hester, Nutrition Program Manager, Ramstein HAWC*

Are nutrition bars the answer to performance nutrition? No, but they can be a good, occasional source of nutrition for someone on the run. The beneficial effect of nutrition on exercise performance has been clearly documented. The individual who wants to optimize exercise performance needs to follow good nutrition and hydration practices.

Nutrition bars are helpful to provide a mix of macronutrients fast, however there is nothing in a nutrition bar that you cannot get from “real” food. So if you're looking to save money, make a batch of nutrition bars (recipe below) and freeze them. On busy days, grab a bar. It's a cheaper alternative to the commercial nutrition bars. Make sure if you are buying a nutrition bar you look at the food label. Some bars have similar nutrients breakdowns to a candy bar; I like to call them fitness covered candy bars. Don't be fooled.

Be a smart consumer. If you have sports nutrition questions, stop by your local Health & Wellness Center. Get your answers from the experts.

### No-Bake Peanut Butter Power Bars Recipe

**Ingredients:** Canola cooking spray, 1 T butter or canola margarine, 1/3 cup reduced-fat smooth peanut butter, 2 cups miniature marshmallows, lightly packed, 1 cup low-fat granola, 1 cup Rice Krispies cereal and 1/3 cup ground flaxseed

**Preparation:** 1. Coat an 8x8-inch baking pan with canola cooking spray. Put the butter, peanut butter, and marshmallows into a medium-sized microwave safe bowl and microwave on high for 30 seconds, or until mixture is just melted. Stir to blend. 2. Microwave again briefly if the mixture isn't melted or smooth. Then stir in granola, puffed rice and flaxseed. 3. Spread the mixture in the prepared pan, flattening it evenly with a sheet of waxed paper. Let it cool completely before cutting into 8 equal-sized bars.

**Yield:** 8 bars

**Nutritional Information:** Per serving: 207 calories, 6 g protein, 31 g carbohydrate, 6 g of fat, 4mg cholesterol, 3 g fiber, 174 mg sodium.

Recipe Source: The Flax Cookbook by Elaine Magee, MPH, RD (Marlowe & Co.)

## Spring Sports

13-16 Apr, Aviano AB, IT

**US Forces Europe Mountain Bike and Road Cycling**

16-19 Apr, Poznan, PL

**CC-Air HQ Ramstein Basketball**

20-22 Apr, Bamberg, GE

**US Forces Europe Powerlifting**

26-29 Apr, Stuttgart, GE

**US Forces Europe Boxing**

4-7 May, Ramstein AB, GE

**US Forces Europe Triathlon**

20-27 May, Vogelweh AB, GE

**USAFE Volleyball**

30 May - 3 Jun, HQ USAFE Services

**CC-Air HQ Ramstein Track & Field Camp**

1-3 Jun, Grafenwoehr, GE

**Army 10 Miler**

4-6 Jun, Cologne, GE

**CC-Air HQ Ramstein Track & Field**

10-15 Jun, Ramstein AB, GE

**USAFE Golf**

15-18 Jun, Spangdahlem, GE

**US Forces Europe Road Cycling**

24-30 Jun, RAF Alconbury, UK

**USAFE Soccer**

Visit [www.USAFEFitness.org](http://www.USAFEFitness.org) to view the entire calendar or contact DSN 496-7935 for more information.

**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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