



MANEUVER CENTER OF EXCELLENCE HEALTH PROMOTION NEWSLETTER

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MCoE Health Promotion

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PERFORMANCE NUTRITION MADE SIMPLE

Did you know that the Fort Benning dining facilities have launched the rebranded Go for Green® (G4G) program? The revised G4G program makes it easier for service members to identify and choose performance-boosting foods in military dining facilities. Research, including military-based interventions demonstrates that labeling foods and beverages can help consumers make better food choices.

The Go for Green® 2015 was developed by a committee of nutritionists and food-service professionals who considered nutrient requirements affected by extreme physical activity and environments. Go for Green® is in line with current military policies and standards.

Nutrition components such as fiber, added sugar, degree of processing, type and amount of fat, overall wholesomeness, and nutritional quality are now considered when assigning a color code.

Look out for these labels at your dining facilities to help you identify the foods that support optimal physical and mental performance.



PERFORMANCE NUTRITION

MADE SIMPLE

 EAT OFTEN	 EAT SOMETIMES	 EAT RARELY
<ul style="list-style-type: none"> • high in nutrients • whole foods • no added sugar/ artificial sweeteners • healthy fats • high in fiber 	<ul style="list-style-type: none"> • some nutrients • some processing • some added sugar/ artificial sweeteners • poor-quality fats • moderate in fiber 	<ul style="list-style-type: none"> • few nutrients • most processed • high added sugar/ artificial sweeteners • excess fat & trans fat • low in fiber

Learn more about using G4G on base and at home by visiting the G4G website: <http://hprc-online.org/nutrition/go-for-green>

Tips for Preventing Heat-Related Illness

The best defense is prevention. Here are some prevention tips:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask your doctor how much you should drink while the weather is hot.
- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - Infants and young children
 - People aged 65 or older
 - People who have a mental illness
 - Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

Heat Index	Risk Level	Protective Measures
Less than 91°F	Lower (Caution)	Basic heat safety and planning
91°F to 103°F	Moderate	Implement precautions and heighten awareness
103°F to 115°F	High	Additional precautions to protect workers
Greater than 115°F	Very High to Extreme	Triggers even more aggressive protective measures

June is National Safety Month

Top 5 Summer Food Safety Tips

1. Keep Hot Foods HOT & Cold Foods COLD!!
2. Remember the 2 Hour Rule!!
3. Keep ALL Raw Meat Wrapped Separately!!
4. Always Use A Meat Thermometer!!
5. Chill Leftovers As Soon As Possible & Reheat Them to At Least 165 Degrees!!

CAR TEMPERATURE PET SAFETY CHART

How long does it take for a car to get HOT?

Outside Temp (F)	Inside Temp (F)	
	10mins	30mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

DOGS DIE EVERY SUMMER
In minutes your car temps are deadly!

VeterinaryClinic.com

1. KEEP VACATION PLANS OFF SOCIAL MEDIA

Publicly announcing your trip could tip off burglars.

 "Leaving for vacation tonight! Won't be back until July 20!"

6 Likes 1 Comment 1 Share

 "Can't wait!"



50 reasons to exercise

A black silhouette of a person lying on their back, performing a sit-up or crunch exercise.

01. Lifts your mood
02. Improves learning abilities
03. Builds self-esteem
04. Keeps your brain fit
05. Keeps your body fit & able
06. Boosts mental health
07. Boosts your immune system
08. Reduces stress
09. Makes you feel happier
10. Has anti-ageing effects
11. Improves skin tone and colour
12. Improves sleeping patterns
13. Helps prevent strokes
14. Improves joint function
15. Improves muscle strength
16. Alleviates anxiety
17. Sharpens memory
18. Helps to control addictions
19. Boosts productivity
20. Boosts creative thinking
21. Improves body image
22. Gives you confidence
23. Helps you keep focused in life
24. Improves eating habits
25. Increases longevity
26. Strengthens your bones
27. Strengthens your heart
28. Improves posture
29. Prevents colds
30. Improves appetite
31. Improves cholesterol levels
32. Lowers risk of (certain) cancers
33. Lowers high blood pressure
34. Lowers risk of diabetes
35. Fights dementia
36. Eases back pain
37. Decreases osteoporosis risk
38. Reduces feelings of depression
39. Prevents muscle loss
40. Increases energy and endurance
41. Increases sports performance
42. Increases pain resistance
43. Improves balance and coordination
44. Improves oxygen supply to cells
45. Improves concentration
46. Helps with self-control
47. Lessens fatigue
48. Increases sex drive & satisfaction
49. Makes life more exciting
50. Improves Quality of Life