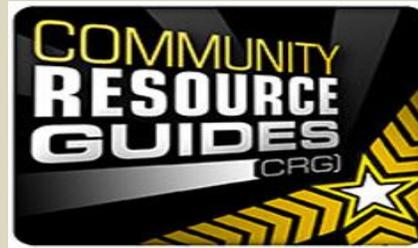


What is the Fort Benning Health Promotion Council?

Mission: Organize, plan, coordinate and implement comprehensive health promotion and well-being processes based on initiatives to enhance resiliency and readiness for the Fort Benning Community.

Check out our web page and our Community Resource Guide!

<http://www.benning.army.mil/mcoe/CommunityHealth/content/pdf/FBGA%20CRG%202.pdf>



FIREWORKS are a **BLAST** CELEBRATE SAFELY

- Always have adult supervision.
- Always wear eye protection when lighting fireworks.
- Make sure the area is safe for the use of fireworks.
- Alcohol and fireworks do not mix. Have a designated shooter.
- Follow label instructions and use common sense.
- Never point or throw fireworks at another person.
- Have water handy.
- Never shoot fireworks in metal or glass containers.
- Light one firework at a time.
- Never attempt to re-light a firework.
- Never have any portion of your body over the firework.
- Don't experiment with homemade fireworks. M-80's are dangerous and **ILLEGAL**.

Beat the Heat!

Stay Hydrated!

Drink plenty of water. Do not drink alcoholic or caffeinated beverages.

Slow Down!

Reduce, eliminate, or reschedule strenuous activities. Save activities for the coolest time of the day.

Stay Cool!

Wear lightweight, light-colored clothing. Spend more time in air-conditioned places.

Your Car is an Oven!

Do NOT leave children or pets unattended in vehicles!

Remember Your Animals!

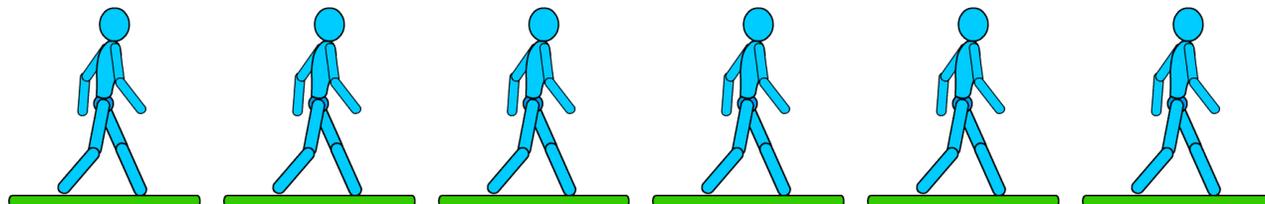
Be mindful of heat impacts on livestock and pets. Provide plenty of shade and water.

How Fast Can the Sun Heat a Car?

	5 min	10 min	30 min	60 min
115	122	128	144	162
110	117	123	139	157
105	112	118	134	152
100	107	113	129	147
95	102	108	124	142
90	97	103	119	137
85	92	98	114	132

Outside Temperature (°F)





“Don’t Sit, Get Fit!”

10,000 Steps Per Day For Good Health! *By: Tony C. Price, M.S., HFS, CCSC
Physical Therapy Assistant, MACH*

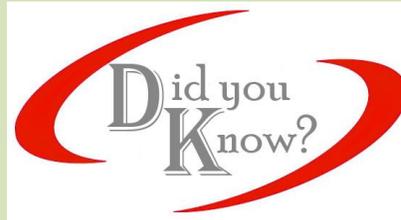
Falling into the trap of physical inactivity can be easy when you’re busy at work all day, the only one to pick the kids up from school, work two jobs, or have other equally important obligations. However, it’s pivotal to make physical activity a priority not only for you and your health, but also for your loved ones!

There are numerous reasons why getting active and staying active is important. A healthy lifestyle can be the difference in disease prevention, helping people delay or even prevent the onset of diabetes, heart disease, and certain types of cancer. Individuals who participate regularly in different types of physical activity will improve in cardiovascular and respiratory function. For example, endurance exercise may lower heart rate and blood pressure at a given submaximal intensity, increase capillary density in skeletal and cardiac muscle, and increase exercise threshold (Baladay et al., 2000).

Working in healthcare provides various opportunities to work towards a healthy lifestyle. If the opportunity is there, come in to work an hour early or stay an hour later to use the newly opened fitness facility on the ground level of the hospital. It has great equipment and is waiting to be used by you! Having an accountability partner is very helpful as well. This could be somebody you exercise with, a buddy to keep you on track with good eating habits, or a friend to just simply encourage and motivate you periodically. A good rule of thumb that has been studied and proven to be helpful is setting a target of taking at least 10,000 steps per day. The most effective and successful type of exercise strategy is one that allows exercise to occur outside of a structured setting (Boyle et al., 2011) based on time constraints, integration into regular activity, and social qualities. To help keep an accurate count of your daily steps, you can use a pedometer that may already be installed in your smart phone, purchase a Fitbit or Jawbone Up band, or even a small waist pedometer. Walking over 10,000 steps per day significantly decreased systolic and diastolic blood pressures (Tully & Cupples, 2011) suggesting an improvement in cardiovascular function.

Whether you choose to have a structured exercise regimen, get a personal trainer, workout casually in the BMACH fitness facility, or engage in 10,000 steps per day, make sure you get healthy! Have a plan, stick with it, and feel the benefits!





Energy drinks and their effect on sleep

Excess consumption of energy drinks can increase sleep problems and cause daytime sleepiness!

Did you know that “energy drinks” can negatively impact your sleep? As a result of poor sleep, your memory and other cognitive skills can be impaired. They go by various brand names like “Monster Energy Drink” or “5-Hour Energy Drink” and have become a popular form of caffeine consumption among young and old alike. Some energy drinks contain the caffeine equivalent of a large cup of coffee or 3 cans of caffeinated soda. Some energy drinks contain other ingredients intended to boost physical energy or mental alertness (herbal substances, amino acids, sugars, and sugar derivatives); however, caffeine is the main active ingredient.

According to Dr. Nancy J. Wesensten, Ph.D., with the Center for Military Psychiatry and Neurosciences Research, “There is no secret ingredient in these energy drinks. Caffeine is the main active ingredient in all of them. Many of us use caffeine every day to improve alertness – so it should come as no surprise that energy drinks can impair sleep.” As part of Joint Mental Health Advisory Team 7 (J-MHAT 7) surveys collected during Operation Enduring Freedom in Afghanistan in 2010, research team members at the Walter Reed Army Institute of Research (WRAIR) also analyzed energy drink use, sleep problems, and sleepiness. Their results showed that 44.8% of deployed service members reported consuming at least one energy drink daily; 13.9% reported drinking three or more a day.

Approximately 6% of adolescent and young adult males in U.S. civilian and military populations consume energy drinks daily. These products are not regulated and can have negative side effects (e.g., jitteriness, nausea) although serious side effects (e.g., caffeine intoxication) are generally rare. Because excess consumption can increase sleep problems, paradoxically these energy drinks can also increase daytime sleepiness and impair performance.

Dr. Wesensten added, “Decades of research on caffeine indicate that if used properly, caffeine is effective. However, because caffeine impairs sleep, individuals should stop all caffeine consumption at least 6 hours prior to scheduled sleep. Otherwise, sleep could be impaired without the person even being aware of it.”

The J-MHAT 7 results also indicated that Soldiers who reported drinking three or more energy drinks a day were significantly more likely to report sleeping ≤ 4 hours a night on average than those consuming two drinks or fewer. Those who reported drinking three or more drinks a day also were more likely to report sleep disruption related to stress and illness and were more likely to report falling asleep during briefings or while on guard duty.

Source: <http://armymedicine.mil/Pages/Energy-drinks-affect-sleep.aspx>



HEALTHY RECIPE OF THE MONTH

SKILLET SALMON & PARMESAN POTATOES



Ingredients

- 1 (6-ounce) salmon fillet (about 1-inch thick)
- Cooking spray
- 2 medium potatoes
- 4 tablespoons grated Parmesan cheese
- 2 cups mixed salad greens
- 1 cup chopped tomatoes
- 2 tablespoons low-fat balsamic vinaigrette
- 1 lemon
- Salt and pepper to taste

Preparation

1. Heat a nonstick skillet or grill pan over medium-high heat. Coat fish with cooking spray. Add fish to pan, and cook 6 minutes on each side or until fish flakes easily when tested with a fork.
2. While fish cooks, pierce potatoes with a fork; arrange in a circle on paper towels in a microwave oven. Microwave on HIGH 8 to 10 minutes, rearranging potatoes after 5 minutes. Let stand 5 minutes.
3. Cut cooked potatoes in half, and sprinkle with salt, pepper, and cheese.
4. Combine greens, tomatoes, and vinaigrette in a bowl; toss gently.
5. Cut lemon in half, and squeeze lemon juice over fish. Serve with potatoes and salad.

Source: <http://www.health.com/health/recipe/0,,10000001991051,00.html>

Prep Time: 8 minutes

Cook Time: 12 minutes

Yield: 2 servings (3 ounces salmon, 2 potato halves, and 1 1/2 cups salad)

Nutritional Information

Calories per serving:	410
Fat per serving:	12g
Saturated fat per serving:	3.5g
Monounsaturated fat per serving:	2g
Polyunsaturated fat per serving:	2g
Protein per serving:	30g
Carbohydrates per serving:	49g
Fiber per serving:	7g
Cholesterol per serving:	50mg
Sodium per serving:	800mg
Resistant starch per serving:	2.1g