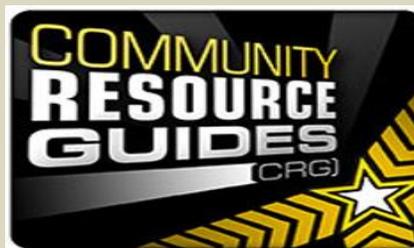


What is the Fort Benning Community Health Promotion Council?

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.

Looking for Installation Resources? Check out our Community Resource Guide!

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



Healthy Holiday Eating Tips

Eat regular meals - skipping meals can lead to overeating.

Stay hydrated - drink lots of water.

Eat a protein-packed snack an hour before your holiday meal.

Your mantra: 'Eat the best, leave the rest'

No guilt! Enjoy your favorite holiday dishes, in moderation.

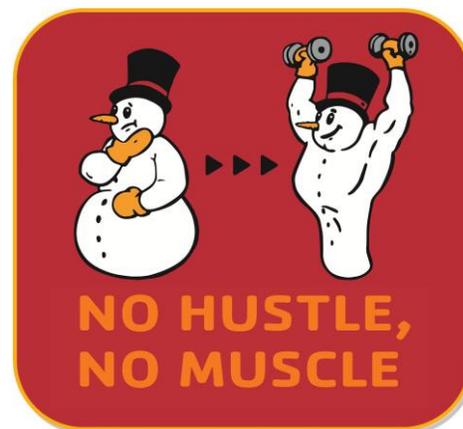
Fill up on salad and fresh vegetables first.

Think color! Colorful food makes a festive looking plate!

Eat mindfully and put your fork down between bites.

Get active! 10 minute bursts of activity boost your metabolism!

More Tips at: RobinsKey.com



A year from now
you'll wish you
had started
today.



Find us on
Facebook

Benning/Community/Health

“New Year, New You – A Look into 2016”

Here we are at the end of 2015. Take a few seconds and think back to all the goals you've accomplished this past year. Have you finally paid off that credit card? Good job! Did you get that promotion you've had your eye on? Awesome! What about being able to officially say you're a homeowner? A round of applause! What is the one thing that all of these goals have in common, you might ask? They are all realistic goals that took some planning and deliberate actions to achieve. As we look ahead to 2016, let us examine some fitness goals you might have and how you can properly achieve them.

1. I'm going to work out EVERY SINGLE DAY in 2016! – Let's be honest, working out 7 days a week, week after week, is not realistic especially if you're trying to get in shape from a sedentary lifestyle. A more realistic goal would be to slowly increase your level of physical activity until you can handle the rigors of vigorous activity. Start off working out two days a week, then increase to three, then to four days a week. Your body will appreciate the slow adjustments, you won't tire yourself, and you'll be taking necessary steps to prevent injury.
2. I can lose 50 pounds in January alone! - A healthy and very realistic goal is to lose no more than 2 to 2.5 pounds per week. Over the course of a month, that's about 8 to 10 pounds total. For permanent and sustainable weight loss, that's the ideal weight to lose per week/month.
3. All I need is personal trainer! - A personal trainer will certainly help you achieve your goals and direct you in proper exercise instruction, however, YOU need to be motivated as well. Achieving a goal dealing with fitness and weight loss has to come from intrinsic instincts. In addition to this, if you do use a personal trainer, make sure they are well qualified with the proper certifications and a four-year college degree.
4. If I cut out all junk food that'll help me lose weight faster! – True, cutting out junk food and other sugary sweets will help in the weight loss process, but don't rob yourself of something you love! If you enjoy Patti Label's Sweet Potato Pie, that's quite fine! Just make sure you eat a small slice, maybe once every two weeks and not a large slice every day.

Good job on everything you've accomplished in 2015, and good luck in your endeavors in 2016! Stay disciplined, seek help if you need it, and stay the course!

Submitted by: Tony C. Price, Jr, Exercise Physiologist/Strength and Conditioning Specialist, Martin Army Community Hospital

HOLIDAY STRESS

HOW YOUR BODY REACTS TO IT:



1 Nervous System

The fight or flight reaction to a sudden or perceived threat causes the adrenal glands to release adrenaline and cortisol, called "stress hormones." The sympathetic nervous system's hormones make the heart beat faster, raises blood pressure; changes the digestive process and increases glucose levels in the bloodstream.

2 Musculoskeletal System

Muscles tense up and contract and may trigger headaches and migraines.

3 Respiratory System

Can cause rapid breathing, hyperventilation and or panic attacks in some people.

4 Cardiovascular System

Acute stress can cause an increase in heart rate and stronger contractions of the heart muscles. Repeated episodes of acute stress can cause inflammation in the coronary arteries, thought to lead to heart attacks.

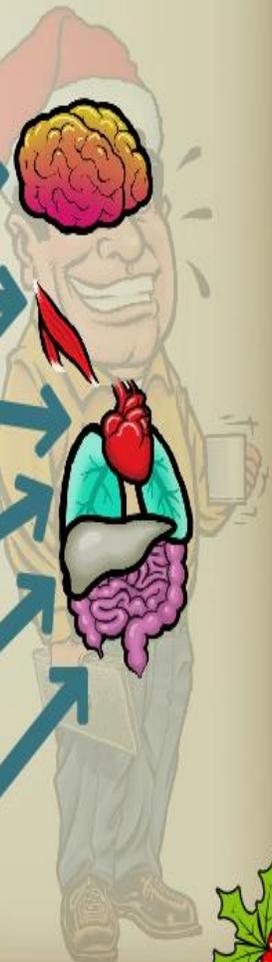
5 Endocrine System

"Stress hormones," cortisol and epinephrine are released, liver produces more glucose.

6 Gastrointestinal System

Esophagus: Stress may prompt you to eat/drink more producing acid reflux or heartburn. *Stomach:* Nausea, pain or even vomiting if the stress is severe. *Bowels:* Stress can cause diarrhea or constipation.

source: stress.org



Ten Tips to Prevent Holiday Stress

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
3. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.
4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
5. **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.
6. **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.
7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.
8. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.
9. **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.
10. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take Control of the Holidays!

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.