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Do you have community health concerns, quality of life issues?

Here's your chance to voice your opinion!

Log on now to the 2014 Community Strengths & Themes Assessment!

<http://tinyurl.com/lhnlcc8>



What is the Community Strengths and Themes Assessment (CSTA) Survey?

The CSTA is a holistic approach to assessing the community for needs. It is designed to capture the pulse of community member's feelings on quality of life, health, safety, and satisfaction within the environment of an Army installation. The review of community needs assists the identification of priorities for the Community Health Promotion Council.



JULY 2014

THE PERFORMANCE TRIAD IT'S NOT JUST FOR SOLDIERS!

The Performance Triad is a comprehensive U.S. Army initiative that gets back to the basics of health: sleep, activity, and nutrition. It is being rolled out as part of the System for Health and is designed to build and sustain Soldier health in order to optimize personal and unit performance, resilience, and readiness. Soldiers should focus on all three components of the triad equally.

What are the three focal areas of the Triad?

The Triad focuses on three critical components of performance: sleep, physical activity, and nutrition. Sleep, activity, and nutrition interact, so it's important to pay equal attention to all of them to achieve readiness and performance above and beyond.

Sleep

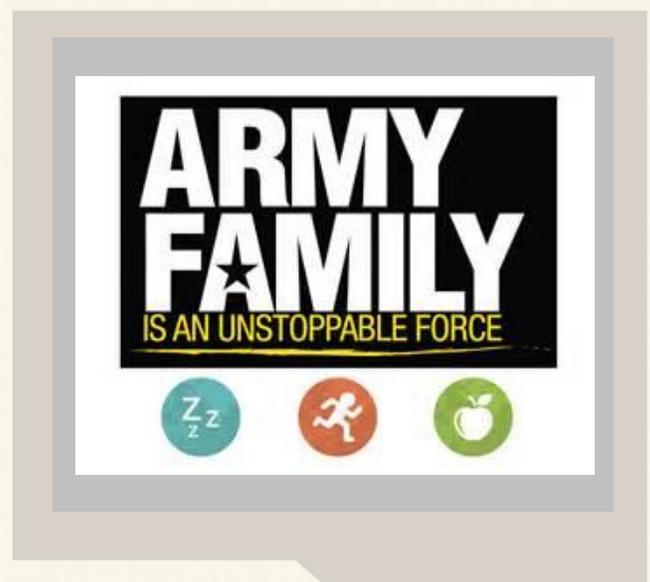
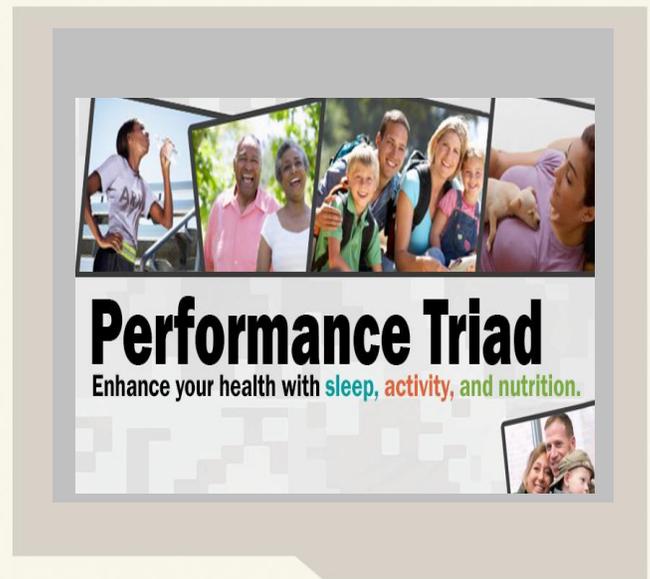
- Sleep seven to eight hours every day.
- Finish physical activity three hours before bedtime.
- Create a “wind-down routine” for the 30–60 minutes before bedtime.
- Stop consuming caffeine six hours before bedtime.
- Seek help if you have sleep problems for more than two weeks.

Physical Activity

- Vary workouts and include strength, endurance, balance, agility and coordination
- Warm up.
- Decrease inactivity (sitting) time.
- Walk 10,000 steps a day.
- Manage injuries quickly.

Nutrition

- Eat good-quality food.
- Stay well hydrated.
<http://www.army.mil/article/88044/>





MAKE WATER SAFETY A PRIORITY!

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system!
- Ensure that everyone in the family learns to swim well. Enroll in age-appropriate Red Cross water orientation and Learn-to-Swim courses.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Establish rules for your family and enforce them without fail. For example, set limits based on each person's ability, do not let anyone play around drains and suction fittings, and do not allow swimmers to hyperventilate before swimming under water or have breath-holding contests.
- Even if you do not plan on swimming, be cautious around natural bodies of water including ocean shoreline, rivers and lakes. Cold temperatures, currents and underwater hazards can make a fall into these bodies of water dangerous.
- If you go boating, wear a life jacket! Most boating fatalities occur from drowning.
- Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body's ability to stay warm.

<http://www.redcross.org/prepare/disaster/water-safety>



Healthy Recipe of the Month



Ingredients

1 cup finely chopped red onion
1/4 cup thinly sliced fresh basil
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 (1-pound) salmon fillet, skinned and chopped
1 tablespoon hot pepper sauce
1 large egg white
Cooking spray
8 (3/4-ounce) slices focaccia, toasted

Preparation

Combine first 5 ingredients in a large bowl. Combine hot pepper sauce and egg white in a small bowl; add egg white mixture to salmon mixture, stirring well to combine.

Divide the mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add salmon patties, and cook 3 minutes on each side or until desired degree of doneness.



[Benning/Community/Health](#)

Check out our Community Resource Guide!

<http://www.benning.army.mil/mcoe/CommunityHealth/>

