

STAY FIT!

DECEMBER 2014

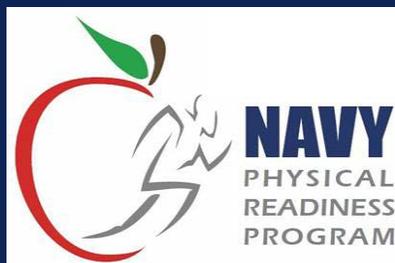
NUTRITION & WELLNESS

Want to stay well through this cold and flu season? In addition to getting your flu shot, think plant-based foods!

- Get 4 servings of whole grains daily;
- 5-9 servings of a variety of fruits and vegetables daily;
- Beans, nuts, and seeds;
- Fish, yogurt, green tea.

These foods are high in antioxidants (vitamins A, C, E and selenium), inflammation-fighting compounds, and immune-boosting power! Eat well, stay hydrated and practice good hand hygiene!

BUILDING A CULTURE OF FITNESS



[Email us your motivating PT photos to be highlighted in our next Stay Fit Newsletter!](#)

Sailors and their families participated in a Family Fitness Fun Day aboard Naval Station Rota, hosted by the First Class Petty Officer Association and CFLs.

Workout of the Month: “Dorie”

Visit the [Sample Workouts](#) on our website for more information

Dynamic Warm-up 10 Minutes

Workout

5/10/5 walking pushups to the right
Side shuffle 50 yards

5/10/5 walking pushups to the left
Side shuffle 50 yards

10/20/10 Squats
Backward run 50 yards

10/20/10 squats
Sprint 50 yards

20/40/20 crunches
High Knees 50 yards

20/40/20 crunches
Sprint 50 yards

Run ½ mile fast and ½ mile slow for cool down

12 Navy Recommended Stretches

ABOUT THE WORKOUT: Cook Third Class Doris “Dorie” Miller earned the Navy Cross for his efforts aboard the USS West Virginia during the Japanese attack of Pearl Harbor. Going above and beyond his duty, he manned a 50-caliber Browning anti-aircraft machine gun until he ran out of ammunition and was ordered to abandon ship. For his valiant efforts, USS Miller, a Knox-class frigate, was commissioned on June 30, 1973.