

STAY FIT!

MARCH 2015

BURNING CALORIES

WHEN RUNNING, MORE CALORIES ARE BURNED FROM CARBS. WHEN WALKING, MORE CALORIES ARE BURNED FROM FATS. OVERALL, YOU WILL BURN MORE CALORIES WHILE RUNNING AND AFTER RUNNING AS YOUR BODY REGULATES ITSELF.

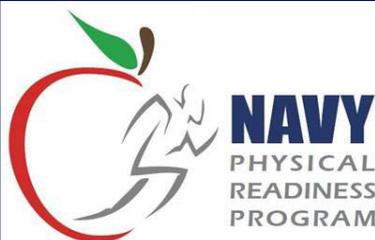
NUTRITIONAL GUIDANCE

NEED TO LOSE WEIGHT?

IT'S NOT ALL ABOUT 'CALORIES IN' VS. 'CALORIES OUT.' WHAT'S THE QUALITY OF YOUR 'CALORIES IN?'

TO ENSURE YOU ARE YOU CHOOSING HIGH QUALITY CALORIES, FOCUS ON WHOLE FOODS FROM EACH FOOD GROUP, AND PACKAGED FOODS WITH 5 INGREDIENTS OR LESS.

BUILDING A CULTURE OF FITNESS



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

MWR Fitness Specialist's led 400 Sailors in a morning workout in Kings Bay, Georgia. MWR...Thank you for keeping the Navy fit!

Workout of the Month: "Graham"

Go to [Sample Workouts](#) on our website for more information

Dynamic Warm-up 10 minutes

Workout

(Mark off 50 yards on grass or turf field)

1. Side shuffle 25 yards fast, turn, then sprint 25 yards, Rest, Return performing the same exercise. (4 sets total)
2. Run two laps on a standard track.
3. Back pedal 25 yards fast, turn, then sprint 25 yards, Rest, Return performing the same exercise. (4 sets total)
4. Run two laps on a standard track.
5. Three Rounds (45s for each exercise/ 45 second rest at end of round): Pushups, Squats, Plank
6. Run two laps for cool down

12 Navy Recommended stretches

ABOUT THE SAILOR: Seaman Gilbert Graham was a crewmember aboard River Patrol Boat 100. On 28 September 1967 he was the forward gunner on a patrol of the Mekong River, South Vietnam. His boat was near the mouth of a canal when it was hit by rocket rounds. The explosion and fire consumed the boat and made it impossible to remove SN Graham. From the survivors of the incident, it was determined that SN Graham was killed instantly. He was declared Killed in Action/Body Not Recovered and thus he remains Missing in Action.