

JULY 2011

Health and Wellness Center

Bldg 1601, Mississippi Road

Phone: (850) 283-3826

HAWC HOURS OF OPERATION

Monday-Friday 0700-1630

Exception: First Wednesday of the Month 0700-1200

Closed Saturday, Sunday,

Federal Holidays, and Family Days

HAWC STAFF

Health Promotion Coordinator
Alex Eclar

Exercise Physiologist
Robert Pagenkopf

Registered Dietitian
Michelle Gautreaux

Office Manager
Bob Watson

To schedule an exercise prescription appointment with Mr. Pagenkopf or a nutrition appointment with Ms. Gautreaux, please call 283-3826.

HAWCFIT Exercise Class

Monday/Friday- 1300-1400

Wednesday -1530-1630

No sign-up required and wear fitness attire

PUSH-UP/SIT-UP IMPROVEMENT

Tuesdays/Thursdays -1530-1630

No sign-up required and wear fitness attire

Low Impact Pool Class

Tuesdays/Thursdays - 1500-1545

Open to all ID card holder

- Pre-registration is required for all classes so that we may be adequately prepared for you. Please call the HAWC to enroll in a class at 283-3826.
- All exercise classes are held at the Fitness Center, in Exercise Room 1. All other educational classes are held at the HAWC.
- Classes with an asterisk (*) beside it are for Active Duty Members Only.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	July is Sun Safety UV Awareness Month				1 HAWC CLOSED Family Day 	2
3	4 INDEPENDENCE DAY OBSERVED  HAWC CLOSED	5 * BE WELL 1300-1500	6 HAWC Closes at Noon	7 Hypertension Class 1300-1400	8 Sensible Weigh Through Fitness and Nutrition 0900-1030	9
10	11 *PTL Refresher 0800-1000	12 * BE WELL 0800-1000 Tobacco Cessation Class 1 1100-1200 	13 *PTL Initial 0730-1630 *PTL CPR Class 1300-1600 	14 Healthy Back Class 0800-0900 Cholesterol Class 1500-1600	15 Running Clinic 0800-1000 	16
17	18 Healthy Weight Class 0800-0900	19 * BE WELL 1300-1500 Tobacco Cessation Class 2 1100-1200 	20 Supplement Class 1300-1400	21 Diabetes Class 0800-1000	22 Performance Nutrition 0900-1000	23
24/31	25 *PTL Refresher 0800-1000 HAWC Push-up Challenge 0700 or 1630	26 *BE WELL 0800-1000 Tobacco Cessation Class 3 1100-1200 	27 *PTL Initial 0730-1630	28 Strength Training Class 0800-0930 Food Demo 1130-1230	29 Running Clinic 0800-1000 	30



HAWC Class Descriptions

** Please be sure to pre-register for classes by calling the HAWC at 283-3826, unless otherwise noted.*

CLASSES FOR ACTIVE DUTY ONLY

BE WELL—Required for AD receiving composite fitness score <75 and/or not meeting any of the fitness component minimums. Members must attend within 10 duty days of fitness assessment. Lecture on exercise, nutrition, and behavior modification. Scheduled by the Fitness Assessment Cell at 283-8411

PTL Initial Class—Learn to lead safe group exercises and administer the AF Fitness Assessment. Wear PT uniform and be prepared for physical activity. Need CPR/BLS/AED certification prior to attending.

PTL Refresher Class—Annual requirement for existing PTLs to review PT options and standardization of Fitness testing. Wear UOD .

PTL CPR Class—This class will recertify PTLs, or those who will become a PTL in Basic Life Support. AED training will also be conducted. The class is held in the Education and Training Room on the Second Floor of the Medical Group Clinic, Building 1465. **Please call Education and Training at 283-7104 to sign up for the class.**

CLASSES/EVENTS FOR ALL ID CARD HOLDERS

HAWCFIT— Exercise class focus on upper and lower body muscular strength/endurance exercises that are fairly continuous. This may include weighted body bars, free weights, or resistance bands. Exercises may be performed on the BOSU ball or Stability ball. Overall CORE abdominal and lower back exercise emphasis included with each session as well. No prior sign-up, MAX 30 participants— Fitness attire required

Exercise Prescriptions—By appointment only. An individualized exercise plan will be developed for you if you are on a profile and/or if you want a general exercise plan. 1/2 hr per appointment time.

Sensible Weigh Through Fitness and Nutrition—This class teaches you the fundamentals of weight loss, which involves proper meal management and regular exercise.

HAWC Running Clinic—Learn the fundamentals of Pose running, including form and biomechanics, Strength and flexibility exercises.

Tobacco Cessation Classes---3-week program with guest speakers and group discussions.

Hypertension Class—This class will help you learn how to keep your blood pressure under control through diet, exercise, and medication options.

Cholesterol Class—Learn how to manage your cholesterol and keep it within normal limits.

Diabetes Class—Learn how to keep your blood sugar level within normal limits by medical management, nutrition, and exercise.

Push-Up/Sit-Up Improvement Class---Learn how to improve your push-ups and sit-ups and improve your test score.

Performance Nutrition---Learn how to fuel your body to improve performance, both physical and mental, through good nutrition.

Food Demo---Join us for healthy cooking tips and samples at our food demo.

Health y Back class --- Learn ways to strengthen your overall core through exercises to relieve back pain. This class is great for those that have pain and for those to prevent pain.

Strength Training Class---Learn how to build up your muscular strength properly by using correct form and biomechanics to prevent injury to your body.

Healthy Weight---This class helps you take steps to a healthier you by using MyPyramid to meet your goals.

Push-Up Challenge---How many push-ups can you do? Without a time limit? Participants will do as many push-ups with out stopping, winner will receive a prize.

Supplement Class --- Learn what supplements can do for you during training and the pros and cons