

FEBRUARY NEWSLETTER

GUT HEALTH

February

Heart disease is one of the leading causes of death in the United States for both men and women. But there is a lot that you can do to protect your heart and stay healthy. You can protect your heart by understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease. By taking preventive measures, you will lower the risk of developing heart disease that could lead to a heart attack.

Steps you can take to live a heart-healthy lifestyle.

Nutrition

Do you know what is really in your food? How many calories? How many nutrients? The more you know, the wiser your decisions can be. If you are shopping in the grocery store, look at the Nutrition Facts labels of foods before you put them in your cart. If you are dining out, look up the menu online. Keep empty calories to a minimum and focus on more nutrient dense foods such as fresh fruits, vegetables, lean protein, low-fat dairy products, and whole grains. These are some key tips to a healthy and balanced diet that is rich in nutrients.

Nutrition is Fuel

Proper nutrition is key for feeling energized and focused during workouts. It also helps the body repair muscle, replenish glycogen stores, and supports recovery and rehydration after the workout. Many times, athletes start their workout and realize they have been under-fueling or missing opportunities to get the most out of their training. Other times, they just need a few tweaks to the timing of their nutrition to get the most out of their meals. Do not let nutrition be the reason you undermine your efforts!

Nutritional Takeaways

- ✓ Shop around the store edges
- ✓ Choose foods and drinks that are good for your health.
- ✓ Eat the rainbow.
- ✓ Select healthier options when eating away from home.
- ✓ Be mindful of portion sizes. Moderation is key.
- ✓ Keep it simple. Eating right does not have to be complicated.
- ✓ Help to reduce food waste by considering the foods you have on hand before buying more at the store.

Heart Health Fun Facts

- ✓ Your heart beats over 100,000 times per day
- ✓ Your heart pumps about 1.5 gallons of blood every minute. Over the course of a day, that adds up to over 2,000 gallons.
- ✓ There are 60,000 miles of blood vessels in your body. That's enough to go around the world twice!
- ✓ The average heartbeat of a woman is about 8 beats a minute faster than a man's heartbeat.
- ✓ An adult heart is about the size of 2 hands clasped together. A child's heart is about the size of a fist.
- ✓ Other than the cornea, every cell in the human body gets blood from the heart.
- ✓ The right side of your heart pumps blood into your lungs. The left side of your heart pumps blood back through your body.
- ✓ The greatest number of heart attacks occur each year on Christmas Day. The day after Christmas and New Year's Day are close behind.
- ✓ More heart attacks happen on a Monday than any other day of the week.
- ✓ Heart disease is the number 1 cause of death in the United States. That's why it's important to be good to your heart by following a heart-healthy lifestyle.



Upcoming Fitness Center Events



The McNamara Complex Sports & Fitness Cup 2025

This year-long event series will feature various competitions, and the department team that finishes in first place at the end of the season will earn the honor of hoisting the cup. Currently we have 9 scheduled events running from February through August, with the potential for more events to be added as the year progresses.

Event Structure

Teams will be organized by departments and age groups. Each department will designate a coordinator responsible for ensuring participation in each event. A detailed calendar with event dates and locations will be shared soon.

Age Groups

Open: 44 years old and younger
Masters: 45 years old and older

Current Lineup of Events

Winter: Big 3 Lifting Competition, Volleyball, and Racquetball.
Spring: Tennis, Basketball, and 2 different running events in the spring.
Summer: Pickleball and a Fitness Competition featuring multiple challenges.

Please email alexander.costa@dla.mil or spencer.storer@dla.mil for more information.

You can also call the Fitness Center at 571-767-2107

MCNAMARA FITNESS



Upcoming Events

- ✓ HQC Fitness Center will be closed on Monday, February 17th in observance of Presidents' Day
- ✓ Winter Warrior project
- ✓ Spring Fling 5K- April 23, 2025

February Health 360

February is American Heart Month

LET'S TAKE A CLOSE LOOK AT HEART HEALTHY NUTRITION

Join HQC Fitness Center staff as we discuss basic nutrition for heart health!

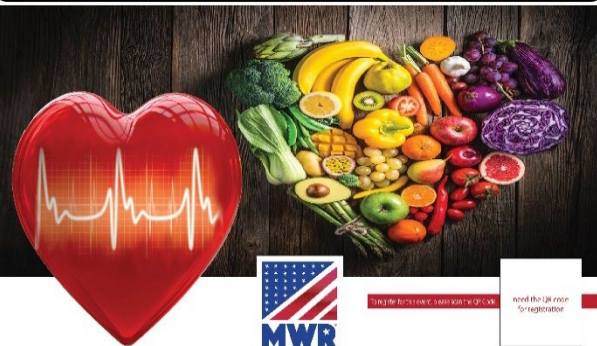


Health 360 (Lunch and Learn)

Each month, the HQC Fitness Center is proud to host a lunch and learn opportunity. Bring your lunch and get ready to grow! We offer relevant topics for today's health observances. Topics can include fitness programming, nutrition tidbits, and aromatherapy. Each month offers a different theme. Join us as we enhance your wellness experience.

February Lunch and Learn

Join us at the Fitness Center Wednesday, February 27th at Noon for Program Design. We welcome your topic ideas. Submit your suggestions to Bakita.rosenkrantz@dla.mil



Personal Training and Group X Classes

FEBRUARY GROUP FITNESS CLASSES

HQC FITNESS CENTER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
600		CARDIO BLAST Leslie	YOGA Tracey	STRENGTH Bakita	CYCLE/SPIN Leslie
630				15MIN CORE & GLUTES	15MIN CORE & GLUTES
700					
1100		STRENGTH FUNCTIONAL Alex	FUNCTIONAL Alex	FUNCTIONAL Alex	
1130					
1200	TRX CLASS Spencer	CIRCUIT- HIIT Bakita	STRENGTH Spencer	YOGA Tracey	STRENGTH Bakita
1230				15MIN MEDITATION	
1500			YOGA Tracey		
1530					
1600		CIRCUIT- HIIT Spencer	FUNCTIONAL Alex	YOGA Tracey	
1630					

Classes are 45 min unless otherwise noted

Strength

This class aims to improve your balance, strength, flexibility, and agility. This full body workout uses a variety of equipment to 'feel the burn' and strengthen, tighten, and build your muscles!

Core & More

This class focuses on strengthening the core (everything between shoulders and knees). Benefits include enhanced stabilization, improved joint mobility, and flexibility.



Circuit

This class combines a variety of cardio and strength exercises to maximize your workout and energize your day!

Cardio

This class includes a variety of movements and exercises to get the heart rate pumping. With or without weights, this easy-to-follow class kicks your metabolism into high gear to burn calories and elevate your cardiovascular fitness!

Indoor Cycling

This class combines cardio and endurance in a 45-minute calorie-crunching session! The classes will give you cardiovascular gains, and muscles development.



Personal Training

Want free personal training?

HQC Fitness Center is now offering 1-on-1 Personal Training. Please

E-mail Spencer.Storer@dla.mil or call 571-767-2107 to get added to the personal training list today!

February 2025 Member of the Month!

Meet your February 2025, DLA Fitness Center member of the month: **Brandon Davis** Thank you for your hard work, commitment, and dedication here at the DLA Fitness Center. Your accomplishment is also our success!

Brandon is the Policy Branch Chief within DTRA On-Site Inspection and Building Partner Capacity Directorate. He mentioned when he approached 40 years of age, he became increasingly aware that he only had one body and should make it last. He also became hyper conscious that the only person who decides what to put in his body and how to treat it was him.

Brandon's overarching fitness goal is to live as long as possible, be as mobile as possible, and in as little pain as possible. When he kicks the bucket, he doesn't want anyone standing over his casket saying, "He didn't treat himself very well." Brandon's favorite modality of exercise is cycling, low-impact cardio, strength training, and yoga. His primary focus, however, is hydration, sleep, and maintaining a whole foods diet.

We ended up asking Brandon what advice he would give to someone new at the gym trying to get in shape. He responded, "Nutrition is 80% of wholistic fitness. If you're a reader, *Ultra-Processed People*' by Chris Van Tulleken changed my life.

Thank you, Brandon, for being the member of the month!



Nominate the next Member of the Month!


Do you know anyone who has made progress in their fitness journey using the HQC Fitness Center? Nominate them for HQC Fitness Center Member of the Month. Send their name, email, and agency to Spencer.storer@dla.mil or Bakita.rosenkrantz@dla.mil

Nominee must actively attend HQC Fitness Center and/or participate regularly in fitness.



Nominating

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