



Community Health Promotion Newsletter

Q2 FY16

FORT RUCKER PHYSICAL FITNESS CENTER OPENS SPACE FOR FUNCTIONAL FITNESS

By Jeremy Henderson, Army Flier Staff Writer

A new year often offers opportunities for change and work is currently under way to offer more support for future fitness resolutions.

Fort Rucker Physical Fitness Center, located at Andrews Avenue, is gradually transitioning its basketball and volleyball courts into a functional fitness area. The space will provide a dedicated space for functional fitness activities, said Lori Ciranni, Fort Rucker Sports, Fitness and Aquatics Manager.

“Functional fitness exercises train your muscles to work together and prepare them for daily tasks you might do at home, at work or in sports,” Ciranni said. “It focuses on training muscles in the upper and lower body at the same time. Functional fitness exercises also emphasize core stability.

“Functional exercises tend to be multi-joint, multi-muscle exercises,” she added. “This type of training, if done correctly, will help to improve your everyday activities and reduce the risk of injury.”

According to Ciranni, the functional fitness area will provide adequate space for an increasingly common form of time-saving exercise.

“Functional fitness has always been a part of exercise,” she

said. “Over the years, the desire to accomplish more in a lesser amount of time has become priority. By completing multi-joint and multi-muscle exercises, you reduce the time necessary to work your total body.”

Some existing equipment will slowly migrate into the newly cordoned functional fitness area. Patrons can also expect

additional equipment to arrive over the course of the next several months, according to Ciranni.

“The kettlebells, bumper plates, Concept 2 rowers, plyometric boxes, battle ropes, some other smaller equipment, two lifting platforms and the power racks will move over to the functional fitness area,” she said.

“In the near future, we will add more equipment to include, but not limited to, more power racks, four lifting platforms, Concept 2

rowers, bumper plates, Olympic bars and plates, TRX bands, agility ladders, climbing ropes and pull up bars.”

“Start slow and learn from a trained individual,” she said. “It’s better to start slow and learn the correct training techniques than to hurry into it, get hurt and have to take time to heal.”

According to Ciranni, intramural basketball and volleyball games will move to the Fortenberry-Colton PFC gymnasium, beginning with basketball in December.

For more information, call 255-2296 or 255-3794.



Photo by Jeremy Henderson/Army Flier Staff Writer

WOC Cody Elzey performs a functional fitness power clean lift using bumper plates. The plates and lifting platform will soon become a part of the functional fitness area at the Fort Rucker Physical Fitness Center on Andrews Avenue.

Functional Fitness Specialist



Zea Urbiztondo is the new Functional Fitness Specialist for the much anticipated functional fitness environment coming to the Fort Rucker Physical Fitness Center. She comes to Fort Rucker with a wealth of knowledge and experience in functional training for the tactical athlete. She received a Bachelor's in Exercise Science from Marquette University and a Master's in Exercise Science

from Appalachian State University. She is a Certified Personal Trainer through the American Council on Exercise (ACE), Level One TRX Force Operator, Level One TRX Expeditionary Functional Trainer, and Certified Adult and Child CPR/ AED/ First Aid Instructor through the American Red Cross.

Ms. Urbiztondo garnered a lot of experience with functional fitness when she was the Assistant Program Coordinator for the High Intensity Tactical Training (HITT) Center on United States Marine Corps Air Station New River, NC. It was there that she specialized in providing safe and effective fitness training to Active Duty military personnel. She believes in promoting functional fitness and injury prevention by means of implementing combat functional training with exercise programs that consist of effective warm-ups and flexibility movements, and focuses on agility, speed, power, and metabolic conditioning.

Ms. Urbiztondo specializes in the use of various exercise modalities such as Olympic weightlifting, kettlebells, sandbags, plyometrics, suspension trainers, barbells, dumbbells, and battling ropes in order to provide a fully functional and tactical exercise program. She looks forward to providing a fun and safe environment for functional tactical fitness to military personnel while increasing combat readiness in preparation for their mission as warfighters.

Ms. Urbiztondo can be contacted at 334-255-2296 at the Fort Rucker Physical Fitness Center, Bldg 4605 on Andrews Avenue.



By CPT Pamela L. Francis

In 2016 Fort Rucker will become one of 38 Army installations in opening an Army Wellness Center (AWC). The AWC will provide primary prevention programs and services designed to build and sustain good health and improve overall healthy lifestyle changes of Soldiers, Family Members,



Retirees, and DA Civilians in their "lifespace"- the place where they live, work, relax and rest.

**COMING SPRING
2016!!**

FIT FEST

**FUNCTIONAL
FITNESS AREA**

**COMMUNITY
STRENGTHS AND
THEMES
ASSESSMENT**

AWC services will include evidence-based standardized programs in metabolic testing, exercise testing and prescription, stress management and biofeedback, tobacco education and referral, general wellness education and weight management. Health and nurse educators will work indi-

vidually with each client to assess their current health status using the most modern technological innovations to help set nutrition, fitness and other wellness goals.

AWC staff takes into account all of an individual's physical, psychological and social circumstances when providing services. Clients will set their goals and the AWC staff will put them on the right path to achieving them by addressing lifestyle behaviors. The AWC will help individuals and units improve readiness and support physical fitness standards, avoid overtraining and related injuries, and reduce lost and limited time due to injury. Individuals and units will walk away with a comprehensive fitness plan and the opportunity to follow up as often as necessary to receive updated exercise routines.

Faith in the Furnace: The Practice of Prayer and Resilience

By CH (COL) Dean Bonura

Serious stress often drives me to my knees, and in more ways than you might imagine. But I'm talking about prayer. During stressful times like deployments, separations, illnesses, or PCS moves, prayer can serve as a significant resiliency coping mechanism. Indeed, people of faith, regardless of religion, have always resorted to prayer as a means of coping.

Back in 2010, the San Jose gold and copper mine collapsed, trapping 33 Chilean miners 700 meters below the surface of the Atacama Desert near Copiapó, Chile. Only the winter before, the Chilean people endured an 8.8-magnitude earthquake, leaving in its wake devastation, looting, and loss of life. But the collapse of the San Jose mine was different because it ended happily uniting the nation, igniting strong national pride, and strengthening its people.¹

For 17 long days, 33 miners sustained themselves on meager rations under limited lighting and cramped conditions before they made contact with the outside world. How did they survive? What kept them going for yet another 52 days before they were eventually rescued? Yes, discipline, good order, and leadership contributed to their survival and prevented total panic. But also, they found strength from their faith in God and left the mine with newfound meaning and purpose for their lives. Their religious faith, particularly the exercise of prayer, helped them cope in the face of very difficult circumstances; and their experience in the end made them stronger.

But how does prayer and faith relate to resilience? Do they make us resilient or do they enable us to cope so that we become resilient? I think the answer is more the

latter. But resilience gets complicated when we're talking about human beings—because people are complicated. Resilience is the capacity to positively adapt to change and disruptive environments such as threatening, stressful, or tragic environments.² It's the capacity to turn stress into opportunities, enabling us to "bounce back" after setbacks and achieve our original level of functioning but with greater fortitude and strength.³

A few years ago when I was doing some postgraduate work, I surveyed combat veterans on their resilience before, during, and after combat. Among the most significant factors reported that supported resilience during combat was faith, namely prayer. And even after combat, especially among those suffering from PTSD, the practice of prayer was the most frequently reported spiritual coping mechanism.

Not everyone becomes more resilient as a result of prayer. But it is often a common coping element that enables people to sustain themselves under difficult and stressful conditions, resulting in increased adaptation and capability; that is, these people become more resilient.

There are many other factors that contribute to resilience besides prayer. Another significant factor that is always present is one's access to a supportive network of caring individuals. People who operate within established networks where they regularly access resources, develop bonds of trust and love, and participate in communal activities cope much more effectively with stress and often develop resilience. It's almost like stating the obvious; hence, the success of Family Readiness Groups, Facebook, and chapel families.⁴

So how do you cope? Whether it's the car breaking down again, the sick child, or your spouse's upcoming deployment, like the commercial goes, "What's in your wallet?" What's in your "coping bag?" What sustains you through difficult times? Do you engage in the practice of regular prayer or maybe you resort to it as a last ditch measure? Have you developed your faith so that you find your confidence in God? The Scripture reminds us, "The LORD is my refuge and strength."

I firmly believe the cultivation of faith, particularly the practice of prayer, contributes to the development of resilience by enabling us to cope through difficult times, and as an outcome makes us better and stronger.

Notes

- Greg Botelho "What pride to be Chilean: Rescue Effort Galvanizes Chilean Citizens," *CNN Latin America*, (October 14, 2010), (accessed December 29, 2010); see also Mariano Castillo, "Rescued Miner Says He Saw God, Devil During Captivity," *CNN Latin America*, (October 14, 2010), <http://edition.cnn.com/2010/WORLD/americas/10/13/chile.miners.voices/index.html> (accessed December 29, 2010); Elliott C. McLaughlin "Hope, Faith Sustain Miners in Chile After Months Below," *CNN World*, (October 12, 2010), <http://edition.cnn.com/2010/WORLD/americas/10/12/chile.miner.rescue.wakeup/> (accessed December 29, 2010).<http://articles.cnn.com/keyword/faith>
- Frederic Flach, *Resilience: Discovering a New Strength at Times of Stress* (New York, NY, London, UK: Hatherleigh Press, 1997, 2004).
- L. Morland, L. Butler, & G. Leskin, cite Lepore and Revenson in "Resilience and Thriving in a Time of Terrorism" in Stephen Joseph and P. Alex Linley (Eds.), *Trauma, Recovery, and Growth* (Hoboken, NJ: John Wiley & Sons, Inc., 2008): 41.
- C. Lietz, "Uncovering Stores of Family Resilience: A Mixed Methods Study of Resilient Families, Part 1," *Families in Society: The Journal of Contemporary Social Services* (2006): 575-581. In this study, Lietz cites Walsh who assessed the coping functions of 182 families.

RECIPE CORNER—Mom's Chili



Makes: 8 servings

Active Time: 45 minutes

Total Time: 2 1/4 hours

Find more healthy recipes at:
<http://www.eatingwell.com>

Ingredients:

- 1 tablespoon canola oil
- 3 cups finely chopped onions
- 2 cups finely chopped green bell peppers
- 1 clove garlic, minced
- 2 pounds lean ground beef (90% or leaner)
- 1 cup water
- 1 14-ounce can no-salt-added diced tomatoes
- 1 6-ounce can tomato paste
- 2 bay leaves
- 1/4 cup chili powder
- 1 teaspoon ground cumin
- 1 teaspoon red-wine vinegar
- 3/4 teaspoon salt
- Ground pepper to taste
- Pinch of cayenne pepper
- 1 15-ounce can kidney beans, rinsed

Preparation

1. Heat oil in a large pot over medium-high heat. Add onions, peppers and garlic and cook, stirring frequently, until tender, about 15 minutes. Add beef and cook, breaking it up with a spoon, until no longer pink, 7 to 8 minutes. Add water, tomatoes and their juice, tomato paste, bay leaves, chili powder, cumin, vinegar, salt, pepper and cayenne; stir well to combine. Cover and simmer over low heat for 1 hour.
1. Stir in beans and cook, uncovered, for 30 minutes more. Remove bay leaves before serving.

Make Ahead Tip: Refrigerate for up to 5 days or freeze for up to 6 months.

Nutrition Per serving: 303 Calories; 12 g Fat; 4 g Sat; 5 g Mono; 72 mg Cholesterol; 23 g Carbohydrates; 27 g Protein; 8 g Fiber; 674 mg Sodium; 940 mg Potassium

Civilian Fitness Policy Update

Point of Contact:
344.255.7332

USAACE and Fort Rucker
Civilian Fitness Program
Guide



Tell us how we're doing by completing the CHPC Effectiveness Survey!!

Due March 30, 2016

<https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=2511374564E15E62>

We need 100% completion by CHPC membership.

IMPORTANT CONTACT INFORMATION

Lyster Army Health Clinic:
(800) 261-7193

24/7 Victim Advocacy Hotline:
(334) 379-7947

24hr SHARP Hotline:
334-470-6629

Suicide Prevention Hotline
(800) 273-8255

Contact Information
Community Health Promotion Team:
Health Promotion Officer 334-255-0529
Health Promotion Program Assistant 334-255-1150
<http://www.rucker.army.mil/chpc>
usarmy.rucker.avncoe.list.chpc@mail.mil