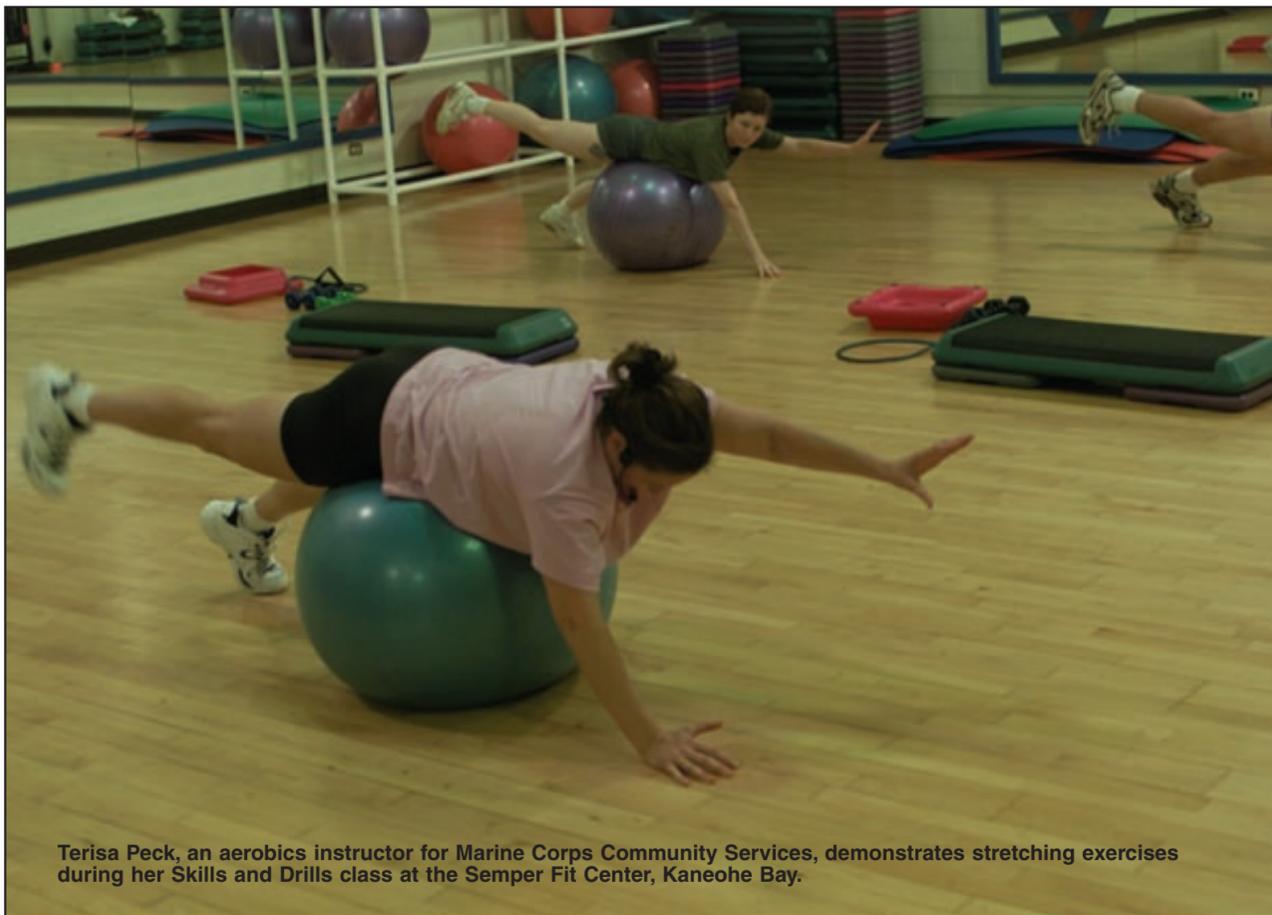


Skills and Drills



Terisa Peck, an aerobics instructor for Marine Corps Community Services, demonstrates stretching exercises during her Skills and Drills class at the Semper Fit Center, Kaneohe Bay.

Lance Cpl. Monroe F. Seigle

Semper Fit's early morning workout exercises all the major muscle groups

Lance Cpl.
Monroe F. Seigle
Combat Correspondent

A skills and drills workout is offered at the Semper Fit Center aboard MCB Hawaii, Kaneohe Bay, from 6 a.m. until 7 a.m. every Monday and Wednesday for active duty members who are interested in staying in shape.

"This is a great morning workout to get yourself going and feel good the rest of the day," said Terisa Peck, an aerobics instructor at the Semper Fit Center. "It is geared to simulate an active duty workout, to target the same muscle groups exercised during physical training sessions."

The hour-long workout is designed to keep the body in good, physical shape with a

series of workouts that exercise both, the muscles and heart. The session begins with a series of stretches designed to get the blood flowing through the muscles followed by several in-place drills.

During the heart of the workout, participants are pushed to the max with the use of weights, jump ropes and bouncing balls. All major muscles are exercised during the intense workout, to include the abdomen, arms, legs and back, while keeping the heart rate up with quick-paced calisthenics.

After several challenging calisthenics, the workout becomes more difficult with drills across the gym floor, while using jump ropes to continue the muscular and



Lance Cpl. Monroe F. Seigle

Peck skillfully maneuvers several repetitions of push-ups on the bouncing ball while imparting instructions to students.

cardiovascular workout.

In the final segment of the workout, the bouncing-ball comes into play with a block of sit-ups, push-ups and leg squats utilized to strengthen several key muscle groups.

"Skills and drills is probably one of the best overall workouts available," said Peck. "In just two hours a week, it is possible to burn fat and maintain muscle with this intense workout."

Physical trainers help you set goals

Cpl. Jessica Mills
Sports Editor

When it comes to fitness, each person's goal is different, ranging from losing weight, to toning up a six pack or improving his or her physical fitness test score.

Some spend hours at the gym or run miles and miles on the cold, lonely pavement striving for what they deem as perfection. But for many, no matter what they seem to do or how much they work at it, it's always just out of reach.

Instead of throwing in the towel and retreating back to the safe and cozy confines of your couch — where the imprint of your backside may be permanently imprinted into the cushion — run, walk or even drag yourself over to the Semper Fit Center aboard MCB Hawaii, Kaneohe Bay, where a team of certified and accredited personal trainers await your arrival with open arms.

The physical training program is free to both military and civilians, with a flexible schedule Mondays through Fridays from 6 a.m. until 8 p.m.

"We are basically here to help our clients attain their goals, whether it be weight loss, a higher fitness level or coming back from an injury," said Beth Hornsby, a Semper Fit personal trainer and aerobics instructor. "Sometimes it helps for someone to watch from the outside and give them advice and a plan."

The first step to working with a personal trainer is a full assessment that is done at the first appointment, explained Hornsby.

Within a private room, away from prying eyes, the trainers do a body fat test, a strength and flexibility test and complete body measurements. Once all the data is accrued, they discuss what each client's goal is and what their schedule and abilities are like.

Designing a workout program is a multi-step process, which differs from individual to individual.

"We look at nutrition and set up a diet log, then we design a workout regimen depending on how many

See TRAINERS, C-6

Six make the cut for HASAC racquetball team

Sgt. Jereme Edwards
Combat Correspondent

Marines and Sailors from throughout the base challenged each other in racquetball during the double elimination tournament last week at the Semper Fit Center.

"The tournament is being held to seed the base racquetball team to the Hawaii Armed Services Athletic Council's interservice tournament," said Steve Kalnasy, varsity sports coordinator at the Semper Fit Center. "The challengers are competing for four seats in the open bracket for service members 34 and below, and two seats in the seniors bracket for those 35 and

above."

The eight competitors battled it out during lunch hours March 3 to 7. The contest finally narrowed down to the final two, which included James Baughman, administrative chief at MCB Hawaii's Legal Services Center, and Rogellio Garcia, communications chief with MCB Hawaii's G-6.

Although the contenders were competing in a tournament, none of them were really focusing on winning.

"I'm playing to exercise, search out competition and just compete against personnel from other battalions, rather than playing the same people over and over again," said Jared Laurin, 2nd platoon

commander, Charlie Co., 1st Bn., 3rd Marine Regiment.

"I've been playing for ten years, and I really just play to stay in shape because it's a good cardio workout," said Garcia.

When the tournament came to a close, Baughman; Laurin; Garcia; Edgar Catala, a platoon commander with Motor Transport Co, Combat Service Support Group 3; Kenneth Etheridge, a Substance Abuse Counseling Center counselor; and Peter Coronado, ammunition chief, Marine Forces Pacific; had been chosen as the service members to represent MCB Hawaii in the Hawaii Armed Services Athletic Council tournament.



Sgt. Jereme Edwards

Jared Laurin, Charlie Co., 1/3, second platoon commander, slams a vicious right as James Baughman of MCB Hawaii's Legal Services Center prepares to defend.

BASE SPORTS

Edward Hanlon V MCCS Marketing

The Greens Call on Swingers for St. Patty's, Today

All hands are invited to the 21st Dental Company's St. Patrick's Day Golf Tournament, today.

The tournament will be a 4-man scramble with mulligans and strings. Check-in time will be at 11:30 and tee-off at 12:30 p.m.

There will be prizes awarded for first through third place, closest to pin, and longest drive.

The cost to enter is \$25 for E-1 to E-5, \$35 for E-6 to O-3, \$40 for O-4 & up, \$45 for DoD employees, and \$50 for Non-DoD.

For more details, call Petty Officer 2nd Class Maika at 257-5573 or 783-9570

Kahuna's Sports Bar Unveils Lazy Day Gathering

Soak up some sun and grill your own steak at the "Lazy Day Sunday Picnic," Sunday from noon till 5 p.m. The Kahuna's Sports Bar and Grill

crowd may enjoy a few beverages and great company during this event.

Spend your Sunday afternoon appreciating grilled cuisine, the Corps and Hawaii. For details, call Kahuna's at 254-7661.

Klipper Hosts NCAA

The University of Hawaii's Dr. Donnis Thompson Golf Invitational, a National Collegiate Athletic Association women's golf competition that attracts both national and international college teams, starts Monday at the Kaneohe Klipper golf course.

The Klipper has hosted this event since 1986, and the military community is welcome to come out and watch the play.

The events kicks off with the practice round Monday at 1 p.m., then Tuesday the first round's shotgun start goes at 7:30 a.m. and the second at 12:30 p.m. The third round will be Wednesday at 7:30 a.m.

Kids Bounce into Spring

Working parents can be cer-

tain that their bundle of joy will not be sitting idle in front of the TV eight hours a day during Spring Break, if they enroll them into the Youth Activities Spring Adventure.

Geared for kids in grades K-6, all MCB Hawaii youth may participate in this day camp going on Monday through March 28. Both full- and part-day programs will be offered.

Kids will spend their day with a certified staff member and engage in sports, arts and crafts, field trips and many more activities.

Spaces are limited, so parents should make reservations soon. The fee paid will be based upon total family income.

For more details, call MCCS Youth Activities at 254-7610.

Navy League Tourney Seeks Golfers

The Navy League is sponsoring a golf tournament March 28 at the Kaneohe Klipper Golf Course aboard MCB Hawaii, Kaneohe Bay. The tournament is an afternoon round, blind team scoring format event and is limited to 144 players.

The cost to participate is \$55 per person (which includes green fees, cart, prizes and heavy pupus); however, all proceeds will benefit the Navy Marine Corps Relief Society Fund Drive.

The deadline for entry is March 26. No phone reservations or refunds will be granted after 9 a.m. March 27, unless standby players are available to assume your reservation commitment.

Check-in will be at 11 a.m. and the shotgun start time at 12 p.m.

For more details, contact the Navy League Honolulu Council at 422-9404.

SM&SP Wants the Best Ball to Win

It will be fair game on the fairway March 21 at the Single Marine & Sailor Program's Shank & Slice Best Ball Tournament.

This day on the links is open to all single, active duty military; however, junior enlisted may bring their superiors as guests.

Shank & Slicers will begin the tournament with a 12:30 p.m. shotgun start and end with sodas, pupus and prizes. There will also be prizes awarded by blind draw giveaways.

Costs are \$22 per person for E-5 and below and \$30 per golfer E-6 and above. Included in the price are green fees, carts, prizes, pupus and sodas.

For those interested in participating and spending the day on the spectacular Kaneohe Klipper Golf Course, call 254-7593.

Register by Thursday at the SM&SP Office, Bldg. 219, or at the Semper Fit Center, Bldg. 5037.

Space is limited, so register now.

Aquatics Crews may Splash into Spring

It's springtime, and the living's easy. Join the Aquatics crew for the 2003 Spring Splash at the Kaneohe and Manana Housing base pools.

Events will be held on March 22 aboard Kaneohe Bay, and March 29 aboard Manana Housing, both from noon - 4 p.m.

These events are free to military, family members, DoD

civilians and reservists.

Enjoy music, games and door prizes along with numerous other events. Plus, there will be free Red Cross swim evaluations and lessons for kids, introductory lessons to scuba diving and surfing, a Pool Hawks Swim Team racing challenge and demonstration, Junior Lifeguard registration and information, and even a bouncy house.

Spring Splash prizes will be provided by Aqua Sphere and Ocean Concepts Scuba.

For more information, call the base pool at 254-7655.

Young Chippers can Golf at the Klipper

The Kaneohe Bay Klipper Golf Course's Junior Golf Program is in full swing, and all military family members between the ages of 5 - 18 may participate.

To complement busy schedules, junior golfers may take lessons on Tuesdays, Thursdays and Sundays.

Parents may purchase a lesson card valid for 10 lessons for \$100.

Classes are revolving and going on now. Children are welcome to bring their own clubs or use clubs provided.

Collared shirts are mandatory; tennis shoes or golf shoes are accepted dress.

Whether your child strives to be like Tiger Woods or simply is interested in trying something new, the Junior Golf Program is a great place to begin.

For more information, call 254-2107.

Bowlers Strike Savings at K-Bay Lanes

Bowling is back "with attitude!"

Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental at K-Bay Lanes aboard MCB Hawaii, Kaneohe Bay.

Also, check out Semper Extreme Bowling, Fridays from 6 p.m. - 1 a.m.; Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m. - 1 a.m.; and Sundays, 6 - 9 p.m.

The K-Bay Lanes features bumper bowling, a snack and Pro Shop and an arcade. Organized parties are also welcome.

For more strike-saving information, contact the K-Bay Lanes at 254-7693.



Sgt. Jereme Edwards

Base All Stars

NAME: Rogellio Garcia

BILLET: Communications Chief

UNIT: Headquarters Bn.,
MCB Hawaii

SPORT: Racquetball

POSITION: Wherever the ball is

•Garcia, a native of Albuquerque, N.M., has been playing racquetball for nearly 10 years.

Accomplishments: "I competed in my first competition last week for a seat on the base racquetball team. I was the underdog. A lot of the other competitors had the advantage of age over me, but I triumphed. I consider that to be a great accomplishment."

"Racquetball is an individual effort sport. If you make a mistake, you can't blame anyone but yourself."

COMMUNITY SPORTS

NCAA Championship to be Televised Live

Hawaii's CBS affiliate, KGMB Channel 9, has announced that the NCAA Men's Championship Basketball Game will be broadcast live on April 7 at 3 p.m., then will re-air at 8 p.m. for the benefit of all sports fans in Hawaii.

Fans can catch the "March Madness Tournament" beginning Monday at 8 p.m. on Channel 9.

Bellows Hosts Outdoor Recreation

Just because winter is upon us does not mean you have to be a couch potato. You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Also learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more, call 259-8080.

Makapu'u Hike Goes Monday

Mondays at 8:30 a.m., you can hike

Makapu'u Lighthouse. This two-mile round-trip hike on a steep, paved road takes you way above the lighthouse.

Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. On clear days, the islands of Lanai, Moloka'i and Maui can be seen.

The Makapu'u Lighthouse is also a popular spot for whale watching, so take the opportunity to observe whales during the winter months.

Make sure to bring water, sunscreen, a hat and closed-toe shoes if you participate in this hike.

If you can do Diamond Head, you will be able to make the Lighthouse!

Cost is \$8 for adults and \$5 for youth (children 12 and under). For more details, call 259-4121.

Pearl Harbor Needs Roller Hockey Players

Roller hockey players are needed on Pearl Harbor's sub base, to help jump start a new league. Experience is not needed; however, players must be at least 15 years of age.

Come down on either Tuesdays or Thursdays at 5 p.m. to play, or any day to sign up. Friday night is pick-up night with a \$36 fee; goalies play for free.

For more information, call John after 4 p.m. at 422-4639, or Kehone after 3 p.m. at 473-3295.

Free Hunting Classes Offered

Hunter education classes are being offered by the Hawaii Department of Land & Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care, and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years of age or older who enjoys the outdoors — not just hunters.

The next two-day class is March 21 at 5:45 - 10:15 p.m. and March 22 at 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture I.D. is required for entry to the sessions.

To sign up, contact the Hunter Education Office at 587-0200 to preregister, or for more information.

Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what

many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week (a \$56 savings).

Marines and Sailors Invited to Shape Up

Yes, you can win the war on body fat.

You may think the way to lose weight is by deprivation or taking a fat-burning pill or some other quick technique, but it's not.

Whether you are just starting a fitness program, or need to improve your physical fitness standard, the new 2003 ShipShape program can help meet your goal.

This eight-week action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques to ensure winning results that will meet your military health and weight standards.

For more details, or to register for the next orientation, call the Naval Medical Clinic at 471-9355.

SPORTS AROUND THE CORPS

Marine Corps seeks black officers in tourney

Sgt. Jimmie Perkins
Marine Corps
Recruit Command

NEW ORLEANS — “The Marine Corps is here at the Central Intercollegiate Athletic Association doing a number of things through our partnership with Historically Black Colleges and Universities,” said Capt. Stephen Cosby, district marketing officer, 4th Marine Corps District. “This is our second year doing this, and hopefully, this partnership can continue.”

“The public has been very supportive of our involvement. Turnout has been great at a number of events we have participated in, and the public response has been very positive.”

The CIAA, the country’s oldest African-American athletic conference, competes as part of the nation’s Historically Black Colleges and Universities. The Marine Corps has fostered relationships with the HBCU as it works to build leaders and attract highly qualified African-American officer candidates.

“I graduated from a Historically Black College and University,” said Cosby. “It’s very rewarding to me as an African-American Marine Corps officer to come here and give back to the Historically Black Colleges and Universities.”

As part of this year’s tournament, Marine Corps officers appeared at CIAA events throughout the Raleigh area, to spread the

Marine Corps’ message of inclusion and opportunity.

“We’re benefiting because the Marine Corps is showing the African-American community that the Marine Corps is here and supports the community,” said Cosby.

The CIAA also awarded the prestigious 2002-03 “Outstanding Marketing Partner” award to the United States Marine Corps. The award is presented annually to the partner whose year-round efforts contribute to the overall growth of the CIAA conference, whose mission it is to raise scholarship money for each of the 12 member schools.

The “USMC Chin Up Challenge,” staged at CIAA campuses, gave students a chance to win trips to the CIAA tournament to compete for \$1,000 and \$500 scholarships provided by Urban Sports and Entertainment Group.

The Marine Corps also continued its tradition of recognizing leadership excellence by presenting “Excellence in Leadership” awards after each tournament game. This coveted award was presented to student athletes who best displayed leadership excellence in the games.

Continuing its commitment to education and youth, the Marine Corps, for the second consecutive year, supported deserving college students by presenting a check for \$5,000 on behalf of Urban Sports and Entertainment Group to the Tom Joyner Foundation at a live broad-

cast of the nationally syndicated radio show.

“Tom Joyner is known for providing scholarships to African-American students who have achieved academically in high school,” said Cosby. “So we have partnered with the CIAA and Urban Sports Entertainment Group to donate to the Tom Joyner Foundation so that these worthy young men and women can continue their education in college.”

“The Marine Corps is proud to continue its partnership with the CIAA,” said Brig. Gen. Ronald S. Coleman, assistant deputy commandant for Installations and Logistics. “We are committed to achieving excellence in education and making leaders of our young people. The CIAA is an excellent partner in this endeavor.”

Showing his support for the participating athletes, Brig Gen. Coleman also gave a pregame pep talk in the locker rooms of both teams.

“Without the involvement and support of the USMC, many opportunities to CIAA students would not exist,” said Leon Kerry, CIAA commissioner. “When the CIAA was formed 91 years ago, the visionaries could not have imagined the amount of support that we have today in terms of providing educational opportunities for young people.



Sgt. Jimmie Perkins

Captain Stephen Cosby, district marketing officer, 4th Marine Corps District, monitors the “Marine Chin Up Challenge” on the court at the 2003 CIAA Basketball Tournament. The Marine Corps partnered with the CIAA in an effort to foster its relationship with Historically Black Colleges and Universities.

Did You Know?



NAPS

Before he abandoned the ring for an acting career, Tony Danza’s record as a middleweight boxer was 12 wins, 3 losses.





spotlight on health



Lance Cpl. Monroe F. Seige

Patrons of the Kaneohe Bay Commissary, located aboard MCB Hawaii, have the opportunity to choose healthy foods from the defense store.

Eating the right foods, fitness are key to health

Americans celebrate National Nutrition Month in March

Army Maj. Joanna Reagan,
Nutrition Care Division,
Tripler Army Medical Center

National Nutrition Month created in 1973, celebrates its 30th anniversary in March 2003 by promoting healthful eating and providing practical nutrition guidance. The National Nutrition Month campaign reinforces the importance of nutrition as a key component of health, along with physical activity.

Here are some ideas, Hawaiian style, for a healthy life, as healthy eating allows you to get the most out of life.

A healthy lifestyle is the key to looking good, feeling great and being your best at work and play. It all starts with a healthy eating plan.

A Healthy Eating Plan

March is a good month to cut down on high fat foods. Too much fat may cause heart and blood vessel disease. Try to eat non-fried fish, seafood, poultry and other lean meats. Watch your portion sizes of all meat — it's easy to eat too much.

Eat fewer high-fat foods such as canned luncheon meats, corned beef, coconut milk, gravy, salad dressing, chicken and turkey wings.

Individual needs and preferences determine your personal food choices. Match your food choices to your lifestyle

“Try more exotic vegetables such as kim chee cabbage, poi, soybeans, or purple sweet potatoes.”

Army Maj. Joanna Reagan
Nutrition Care Division, Tripler Army Medical Center

and individual requirements, choosing enough to achieve and maintain a healthy weight.

An Exceptable Weight

Extra weight is more than a cosmetic concern; it can harm your health and shorten your life. Being overweight can increase your risk for heart disease, diabetes, cancer, breathing problems and arthritis.

Losing just a little weight can help you gain a lot of benefits. Experts agree that a small weight loss — only 10 percent of a person's current weight — can boost health and lower the risk of disease.

A Variety of Foods

Actively pursue variety. Expand your range of choices and explore new tastes, within and among food groups. Eating a wide variety of foods not only promotes optimal nutrition, it provides the pleasurable aspects of eating.

For those of us who live in Hawaii, we have the good fortune to try a wide variety of foods. There are many foods to

try that are not typically found on the mainland. Also there are so many cultural influences on the islands that it would be easy to eat at a different restaurant every night of the week for months.

Hawaii is also well known for all the social events usually associated with food such as luaus, picnics at the beach, tailgating at Aloha Stadium and all its many festivals.

This is a wonderful time to try fresh mango, pineapple, lychees and papaya. It may also be fun to try more exotic vegetables such as kim chee cabbage, poi, soybeans, or purple sweet potatoes. Also try some of the local ethnic dishes such as lomi salmon, manapua pork bun, Spam musabi, saimin chicken laulau or sushi — just like the song “Fish & Poi” by Sean Na’auao who sings “I like my fish and poi, oh yeah!”

A Moderate Plan

Make moderation your goal. You decide how much and how often. Healthy eating doesn't mean feeling deprived or guilty.

Look at the big picture, what you eat over several days — not just one day or

one meal — that's important. Making wise choices can sometimes be difficult, but some simple tips may be only having one scoop of rice. For instance, a typical plate lunch special with mahimahi, two scoops of rice macaroni salad and tarter sauce has 1,150 calories. If the same plate lunch special was changed to a tossed salad and you skipped the tartar sauce, the calorie level would drop to 660 calories.

A Fitness Routine

Develop a personal fitness plan that fits your lifestyle. The key is to find a variety of activities you enjoy. You don't need expensive equipment or complicated fitness programs. Walking on the beach, swimming, finding a local halau to take a hula class or trying a new hike on the island are great ways to incorporate exercise into your routine.

Look in the local newspapers for hike offerings and go with friends.

A Valuable Resource

The Nutrition Intervention and Wellness Branch at Tripler offers a variety of nutrition classes throughout the year such as weight management classes, cholesterol reduction classes, diabetes education and hypertension classes. Self-referrals are always welcome for individual appointments with a registered dietitian to help with meal planning and nutrition education. If you are interested in setting up nutrition professional to come to your unit or group to present on sports nutrition, weight management, cooking ideas, call 433-4950 for details.

Some foods reduce chances of heart diseases

Paula Bryant

Tripler Army Medical Center

Of the 10 leading causes of illness and death in the United States, four are diet related. Paying attention to what you eat and drink can reduce chances of heart disease, cancer, stroke and diabetes.

If a person were to incorporate certain foods to reduce chances of these diseases, what would they be? Read on to discover what you should be adding to your grocery cart.

Soy protein: Tofu, tempeh or soy milk, — good choices for soy protein. Studies of Asian populations, which consume 30 to 50 times more soy than

Western populations, have a lower prevalence of many diseases, including heart disease.

Soy also reduces cholesterol and inhibits blood clotting.

Oatmeal: Numerous studies support the cardioprotective effect of dietary fiber. Soluble fiber, - like that found in oat bran, - seem to work best.

To increase health, many experts recommend eating 20 to 35 grams of fiber a day. One cup of cooked oatmeal contains 4 grams of dietary fiber.

Other added benefits include reducing insulin activity in diabetics and a moderate reduction of blood cholesterol.

Bananas: Along with other foods like onions, tomatoes, garlic and wheat, bananas contain fructooligosaccharides. This type of carbohydrate can reduce total cholesterol and especially triglycerides, two fats that increase chances of heart disease.

One medium banana also contains almost 3 grams of dietary fiber.

Carrots: It is difficult to choose one vegetable that could improve chances of reducing heart disease, stroke, cancer and diabetes. Yet most studies report a 30 percent to 40 percent reduction in colon cancer risk in those with the highest level of vegetable intake.

Increased consumption of all



Lance Cpl. Monroe F. Seigle

Rice has long been one of the main staples in a healthy diet. It is a great source of carbohydrates, which provides the body with the energy it needs to function properly.

fruits and vegetables is also associated with a lower risk of lung cancer.

So why carrots? In addition to anti-cancer properties, there is a whopping 5.2 grams of fiber in one cup of cooked carrots.

Beans: Dried beans, peas and lentils are collectively known as legumes. Beans have 7.2 grams of dietary fiber in 1/2 cup, while peas have 8.1 grams and lentils 7.8 grams in the same amount.

Much of the fiber is soluble, which makes glucose move slower into the bloodstream. This controls insulin release, a benefit in preventing diabetes. Also, these plant foods contain

vitamins, minerals and other elements that could be anticarcinogenic.

Fish: Fish contains omega-3 fatty acids. For 30 years, studies have shown that these fats protect the heart by preventing the growth of plaques in vessels and reducing lipids in the blood.

Eating fish rather than taking fish oil supplements is the best choice, plus salmon is one of the best sources of these fatty acids.

The American Heart Association recommends eating at least two servings of fish a day.

Brown rice: There is over-

whelming evidence that a diet emphasizing whole grains, poultry, fish, nuts, fruit, vegetables and low-fat dairy products, and nuts can prevent and lower blood pressure. High blood pressure can lead to stroke and heart disease.

Spinach: Iron-deficient anemia is not a leading cause of death; however, it is the most common health problem in the world. Iron from animal sources, such as beef, is better absorbed than iron from plants.

In the plant kingdom, some of the best iron sources are fortified breakfast cereals, pumpkin seeds, soy and spinach.



Lance Cpl. Monroe F. Seigle

Oatmeal is a quick and easy hot cereal that provides many vitamins and minerals. It is an excellent start to a healthy day.

Weight management begins at the grocery store

NAPS

Featurettes

Keeping your youngster's weight under control may not seem like child's play, but doctors say it may be more important than ever.

The U.S. Surgeon General reports, on average, American children are heavier today than any time in the past, with one out of every eight children overweight.

Also, Type 2 diabetes in children, which is most often a result of obesity, is at an all-time high among school-age kids.

However, according to Liz Ward, a registered dietitian and author, there's good news. Getting your family to turn

over a healthy new leaf can be easy. She offers these tips:

Don't skimp on breakfast; it's the most important meal of the day.

A hearty breakfast is filling, offers health benefits and keeps junk food at bay.

Eggs, among other foods, are a great choice. Confirming this, the American Heart Association recently changed its guidelines on egg consumption and no longer limits the amount of eggs people eat, as long as one keeps cholesterol



levels normal.

Eggs are also rich in choline, a nutrient needed for proper brain development and function.

Make your time count. Trade in traditional time-consuming meals for easy, healthy recipes. Team pasta or fish with fresh vegetables and start meals

off with soup.

Research shows people who start their meals with soup eat less. Try a soup before lunch or dinner that

offers a full serving of vegetables.

Got the munchies? Trade in the soda and chips for iced tea and fresh fruit. Slice an apple or carrot for a nutritional after-school snack, or try unbuttered popcorn.

According to Ward, hard-boiled eggs are a good snack option as well.

Get moving. Start a daily exercise routine with your family. It doesn't have to cost a lot of money or take a lot of time.

Take the dog for a walk, buy an exercise video or join a community gym or sports club.

Proper nutrition and regular exercise are crucial for maintaining a healthy lifestyle.

TRAINERS: Semper Fit Center instructors help clients reach goals

From C-1

days their schedule permits and their experience with the equipment, such as weights," said Regina Riche, a Semper Fit physical trainer and the aerobics coordinator. "Our programs are definitely contoured to the individual.

"We take what they like, and what muscle groups need work, and create a program. But working out is not supposed to be easy; you are going to sweat and you will be sore, but you are also going to see results and feel good about it."

The second appointment is when the trainer actually takes patrons into



Cpl. Jessica M. Mills

Beth Hornsby, a Semper Fit personal trainer and aerobics instructor measures Kyla Goehring, a family member, so that she can calculate what she needs to work on.

the gym and goes over the workout program with them.

"We take into consideration any injuries, surgeries, past pregnancies

and so on, before we put the client on the equipment," said Riche. "We don't want to put a client with an injured knee on a high impact regimen, and we don't want to overwork a woman who just gave birth. It's a process."

Once clients review the program and fully understand what is needed to be successful, they are on their own. Every four to six weeks, the trainers will check their progress, including their body fat ratio, endurance, flexibility and strength.

"If the program seems to be working, the client continues on, if not, we tweak some of the variables," said Hornsby. "If they are having a rough time, we will continue working with them. We can design the best program in the world, but if they don't have the mindset and perseverance, it

won't work. You need to eat right, drink plenty of water, sleep enough and continue your regimen."

Last month, the Semper Fit Center began the next step in physical training: a beginner's fitness class.

"The new class is very similar to the original fitness program, but rather than just showing the clients a program and leaving them on their own, we stay and work with them two days a week for eight weeks," said Hornsby.

The course costs \$50 for the full eight weeks, which includes a four-to-eight person class in education of diet, nutrition and basic anatomy, as well as workouts with a personal trainer every session, explained Hornsby.

Personal trainers will also be offering unit training to improve fitness levels, with either outdoor training or participation in Semper Fit fitness classes (many are geared toward active duty.)

"This is a great program; it's an asset to have these services for free," said Hornsby. "Out in town, clients would have to pay a couple hundred dollars for just a short period of time. They [patrons] should take advantage of what they have."

For more information on programs offered, and schedules, contact the Semper Fit Center at 254-7597.

Perimeter Run results are posted

Compiled by Capt. Rex Sappenfield
Adjutant, Marine Aircraft Group 24

The first place Men's Military Team (out of 55 teams) and third overall (out of 136 teams) with a time of 14 hours, 54 minutes and 52 seconds at the Oahu Perimeter Run on Feb. 22 - 23 was the "Rooster's Roadrunners" from Marine Aircraft Group 24, which included two runners from Headquarters Bn., MCB Hawaii.

Other military teams included the "Psychopathic Wardogs" of Engineer Co., Combat Service Support Group 3, which placed second in the combined age group category to finish in 16:58.

Marine Corps Air Facility was represented by a four-man team that finished 49th out of 55 in the Men's Military category, with a total time of 21:17.

Elite Corps 1 of 3rd Bn., 3rd Marine Regiment, finished in 14th place in the Men's Military category, and 34th overall, with a time of 17:37.

The Regiment team and Combat Service Support Group 3 combined to form the "House of Pain" team, which finished with 18:14, 21st in the Men's Military category, and 43rd overall.

Marine Heavy Helicopter Squadron 362's team, "Cole for President 2004," finished with a time of 19:30, 37th place in the Men's Military category and 85th overall.

The MALS-24 Warriors finished in 19:32, 39th in their category and 87th overall. Five of the team members were returning from last year's team.

Last but not least, the Skinny Dragons of Patrol Squadron 4 finished the Oahu Perimeter Run in 18:56, clinching 3rd in the 225 and under category, and 71st overall.



Sgt. Alexis R. Mulero

Richard Rogers, a member of the first place "Rooster's Roadrunners" of MAG-24, makes his way through the streets of downtown Honolulu, in the team's quest for victory.



Cpl. Jessica M. Mills

Catherine Rutherford works on her cardiovascular training on one of the stationary bikes at the Semper Fit Center. Rutherford just had a baby four months ago, and knows she has to work at it.