



MARINE CORPS LOGISTICS COMMAND



April 2015

Health & Wellness

Month in Review:

According to the National Council on Alcoholism and Drug Dependence, Inc. (NCADD), the month of April was National Alcohol Awareness Month. Each April since 1987, the NCADD has sponsored Alcohol Awareness Month to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues.



Their theme this year, "**For the Health of It: Early Education on Alcoholism and Addiction**", focuses on youth and was filled with local, state, and national events aimed at educating people about the treatment and prevention of alcoholism, particularly among our youth, and the benefits of providing early education to give kids a better understanding of the impact that alcohol can have on their lives.

They understand that adolescence is a time of heightened risk taking and young people may not be fully prepared to anticipate all the consequences of drinking alcohol, such as swigging drinks to "celebrate" a special occasion, or being in a car with a driver who has been drinking. It is the number one drug of choice for America's youth, and is more likely to kill young people than all illegal drugs combined.

Reducing underage drinking is critical to securing a healthy future for America's youth and requires a cooperative effort from parents, schools, community organizations, business leaders, government agencies, the entertainment industry, alcohol manufacturers/retailers and young people themselves.

An integral part of Alcohol Awareness Month was the **Alcohol-Free Weekend (April 3-5, 2015)**, which was designed to raise public awareness about the use of alcohol and how it may be affecting individuals, families, and the community. During the seventy-two-hour period, the NCADD extended an open invitation to all Americans, young and old, to participate in the three alcohol-free days and to use the time to contact local NCADD Affiliates and other alcoholism agencies to learn more about alcoholism and its early symptoms.

For more information about NCADD, underage drinking, Alcohol Awareness Month and Alcohol-Free Weekend, visit the NCADD website at: www.ncadd.org

Looking Forward:

The Navy and Marine Corps Public Health Center (NMCPHC) along with the President's Council on Fitness, Sports and Nutrition (PCFSN) has identified the month of May as the "**National Fitness Month**".

According to the NMCPHC, less than half of all adults overall in the United States get the recommended physical activity each week. The Center for Disease and Control (CDC) defines this for ages 18-64 years of age as being 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and weight training muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). It's important to note here that there are many variations of these basic requirements and all concerned parties should first seek medical approval before beginning a rigorous routine. More information can be found at the CDC link below.

The NMCPHC highlights the fact that being active improves the overall quality of life and performance - both on and off the job. "By incorporating physical activity that mimics job duties, Sailors and Marines will be able to work more efficiently and with less risk of injury". This applies to civilians as well. Incorporating both aerobic and muscle-strengthening exercises will also help to sustain physical activity over the long-term and reap greater health benefits.

With respect to our children, the PCFSN states that "In addition to the health benefits, physical activity has a strong impact on academic performance and social skills". Research shows that 60 minutes or more of daily physical activity can help children in the following ways:

- Improved test scores, grades, and time management skills
- Boosted concentration, memory and classroom behavior
- Increased self-confidence and self-esteem
- Strengthened social and cooperative skills, such as teamwork and problem solving
- Reduced anxiety and stress

Make the time to get active in your routines today! For more information, please visit the following links:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

<http://www.fitness.gov/participate-in-programs/physical-activity-initiative/>