



MARINE CORPS LOGISTICS COMMAND



May 2016

Health & Wellness

Month in Review

The Navy and Marine Corps Public Health Center (NMCPHC) along with the President's Council on Fitness, Sports and Nutrition (PCFSN) worked together and 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) defined 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). 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:

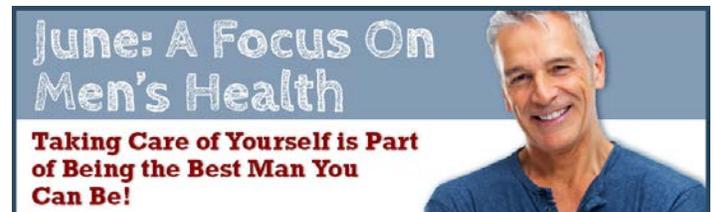
- Improved test scores, grades, and time management skills
- Boosted concentration, memory and classroom behavior
- Increased self-confidence and self-esteem
- Strengthened social and cooperative skills, such as teamwork and problem solving
- Reduced anxiety and stress
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Make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

Looking Forward:

The Military Health System and the Defense Health Agency advocate for the month of **June** as Men's Health month. According to them, getting the most out of life requires a commitment to attitudes that foster healthy lifestyle choices. While men and women have many of the same health concerns, men may be affected differently than women. In addition, there are some conditions which are unique to men. Familiarity with men's health issues, regular screenings and prevention are keys to maintaining good physical wellness. Some of the common medical issues men should be aware of include **heart disease**, **prostate cancer** and **colon cancer**.



Heart disease is one of the leading causes of death for men in the United States. The most common type of heart disease in the United States is coronary artery disease (CAD). CAD is a narrowing of the small blood vessels that supply blood and oxygen to the heart. Chest pain is a classic male heart attack symptom which may last for more than a few minutes or, it can come and go. Other signs to be aware of include discomfort or pain in other areas, such as one or both arms, the back, neck or jaw; shortness of breath, lightheadedness, nausea or sweating; abdominal discomfort that may feel like indigestion. **Prostate Cancer** is of the gland below a man's bladder that produces fluid for semen. Prostate cancer is rare in men younger than 40. Risk factors for developing prostate cancer include being over 65 years of age, family history, being African-American and some genetic changes. Symptoms may include problems passing urine, such as pain, difficulty starting or stopping the stream, or dribbling; lower back pain and pain relating to ejaculation. **Colon Cancer** is of the colon or rectum and is also called colorectal cancer. In the United States, it is the fourth most common cancer in men and women. Caught early, it is often curable. Colon cancer is more common in people over 50, and the risk increases with age. A person is also more likely to get it if they have Polyps - growths inside the colon and rectum that may become cancerous; a diet that is high in fat; a family history or personal history of colorectal cancer or ulcerative colitis/Crohn's disease.

To learn more about this or many other topics relating to Men's Health, please visit: <http://www.health.mil/Military-Health-Topics/Operation-Live-Well/Preventive-Health/Mens-Health>