



ARMY MEDICINE
One Team... One Purpose!
Conserving the Fighting Strength Since 1775

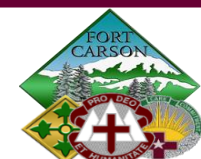


Community Information Exchange: Strong Families

**Evans Army Community Hospital (EACH)
USA MEDDAC Fort Carson**

LCDR Narisa Tappitake, MOTR/L, CLC

28 June 2018



- **Exercise (definition):** Activity requiring physical effort, carried out to improve or maintain health or fitness.
 - **Exercise is frequently prescribed for health maintenance or for rehabilitation.**
- Cardiovascular benefits: Strengthens heart (stronger heart pumps blood more efficiently, lowering force on arteries, lowering Blood Pressure).
- Blood Glucose: Heart and muscles work harder, using glucose as 'fuel'.
- Increased good cholesterol (HDL): Exercise increases the body's production of HDL.
- Manage Stress: Exercise is recommended for stress management. It helps the body to release endorphins and decrease stress hormone levels.
- Sleep: Exercise can strengthen circadian rhythm and decrease stress- resulting in more restful sleep.

30 min. of exercise a day, Resistance activities 2-3x per week, Combine with social interactions = FUN and GOOD HEALTH.



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Sports-School Physicals



- **When:** 0730-1600, 14 July and 4 August
- **Where:** 1650 Cochrane Circle (Warrior Family Medicine Clinic, BLDG 7500)
- **Who can be seen?**
 - Ages 4-21
 - Please bring copies of immunization records
 - Please bring ID cards for children ages 10+
- **How do I sign up?**
 - Call the appointment line at (719) 526 - 2273 (CARE)
 - State that you'd like to schedule a school physical on either 14 July or 4 August operator

More Information is Available Online at:

<https://www.evans.amedd.army.mil/Services/48/Warrior-Family-Medicine-Clinic>



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#MountainPostLiving



- **What:** Evans ACH is fully engaged in supporting the #MPL initiative. Every Soldier and Family assigned to the Mountain Post will be encouraged, educated, and inspired to live a balanced life of all-around wellness.
- **When:** Physical Fitness will be the focus for July/August/September.
- **Seminars:**
 - July: Goal Setting / Imagery
 - August: Physiology
 - September: Running
- **Articles:** Published in Mountaineer every other week beginning 1st week of July
- **Workout of the Day:** Developed by fitness experts and posted weekly.

More Information is Available Online at:

<https://www.mountainpostliving.com>



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Questions/Discussion

