



SEVEN WAYS TO REALLY STICK TO YOUR 2015 EXERCISE RESOLUTIONS

With the New Year comes the opportunity for a fresh start. For many people, this means leading a healthier lifestyle and losing weight. If your resolution is to take better care of yourself and get healthy, you will have a much better year if your resolution sticks. Here are some tips to help you stay on track.

1. Pick activities you actually like.

Hating to exercise but forcing yourself on the treadmill everyday isn't going to lead to a lifestyle change. You need to find an active lifestyle that is fitting that you can adapt and maintain not just for the year, but forever. So take a little tour of activities that are available—Spin class, Zumba, yoga, Pilates, boxing, swimming, at-home free weights, walks around the neighborhood, online or DVD workouts. Zero in on what your most-loved exercise might be.

2. Slowly get your body use to physical activity

Most people get burned out or injured because they try to do too much too fast. You need start slowly, be consistent and gradually work your way up to a more ambitious routine.

3. Be realistic—and keep going.

The surest way to fall short of your goal is to make your goal unattainable. Remember that seeing (and feeling!) results takes time. People don't wake up and realize they are overweight. This happens over time and so does getting back into your desired body composition. Stop worrying about the number on the scale. It isn't about losing weight but feeling better and being healthier.

4. Enlist some training partners.

It will keep you more focused and motivated. Plus, it's a lot harder to skip the gym if you know someone else is going to hold you accountable.

5. Challenge your body.

Don't go to the gym every day and do the same thing. Even a gym rat would be bored with that routine. Mix things up! Try doing cardio one day, weight-bearing/calisthenics another, yoga the next. It will alleviate the potential boredom in both your brain and body.

6. Plan Ahead.

Make time in your weekly schedule and stick to it. Don't go to the gym without a plan and guess what you are doing is correct. If you are trying to drop some pounds, sitting on a bench doing bicep curls is not the exercise for you. If you don't know what you are doing, seek out a certified personal trainer to point you in the right direction. You will see results much sooner and be more likely to maintain the lifestyle change.

7. Be consistent.

Embrace a habit of eating well and exercising with the same dedication that you have to brushing your teeth and showering. You would never consider a day where you didn't take the time to pick up a toothbrush or shower, and basic nutrition and fitness should be the same thing. Start a routine, make it a habit and stick with it. Before you know it, it will become a lifestyle.

SOURCES: <http://life.gaiam.com/article/10-tips-help-you-keep-your-new-year-s-resolution>, <http://www.cnceahealth.com/explore/learn/general-health/top-10-tips-for-achieving-your-fitness-goals-and> <http://www.fitday.com/fitness-articles/nutrition/10-tips-to-help-you-achieve-your-new-years-health-goals.html>

- 21 TRX
- 11 RESISTANCE TRAINING
- 18 CYCLING
- 23-27 CFL CERTIFICATION COURSE



ALL CLASSES, COURSES AND EVENTS ARE HELD AT NAVAL STATION NORFOLK.

REGISTER ONLINE

WWW.DISCOVERMWR.COM/NAVYFITNESS/WATERFRONT-FITNESS.HTML



WATERFRONT FITNESS NEWSLETTER

HEALTHY EATING RECIPE



Six Valentine Treats under 80 Calories

- 

1. Chocolate-dipped Strawberries 74 Calories
Two strawberries dipped in one tablespoon of Baker's Dark Semi-Sweet Dipping Chocolate
- 

2. Hershey's Special Dark Chocolate 79 Calories
22 pieces of Hershey's Special Dark Pieces
- 

3. White Hot Chocolate 68 Calories
1/2 tablespoon of Ghirardelli Sweet Ground White Chocolate Powder with 1/2 cup skim milk and a dash of cinnamon
- 

4. Chocolate Truffle 63 Calories
One Godiva Passion Fruit Truffle
- 

5. Mini Chocolate Fondue 69 Calories
1/3 ounce melted dark chocolate chips with 10 miniature marshmallows
- 

6. Berries and Whipped Cream 54 Calories
10 raspberries with 1/8 cup light whipped topping

COMMAND SPOTLIGHT



Command Fitness Leader Navy Enlisted Classification Code

The 95PT NEC may be awarded to all CFLs who graduated the official course after December 2008. If your ETJ doesn't reflect the NEC, you may submit a NEC Change Request Package to MILL_NEC_REQUEST@NAVY.MIL. Packages must include the following documents:

- NAVPERS 1221/6
- Course Completion Certificate
- CFL/ACFL Command Designation Letter
- Most recent PRIMS data (Overall Excellent Required)

In December 2014, we issued 39 CFLs a certification for completing the week-long OPNAV CFL Certification Course. Congratulations to those that took on this course during the holiday season!! The next CFL Certification Course here at Naval Station Norfolk will be held February 23 to 27 (register on NKO). Remember, once designated, you have three months to get certified. Hope to see a few of you in February!!

WORKOUT OF THE MONTH



LEG MATRIX: Quad and Glute Focus



QUAD AND GLUTE FOCUS	REPS	SETS
BODY SQUATS	10 TO 20	2 to 5 Sets
SPLIT SQUATS	10 TO 20 EACH LEG	
SPLIT SQUAT JUMPS	10 TO 20 ALTERNATING	
SQUAT JUMPS	10 TO 20	

PERFORM EACH EXERCISE IN ORDER FOR 10 TO 20 REPS FOR 2 TO 5 SETS

[CLICK HERE TO VIEW EXERCISE DESCRIPTIONS](#)

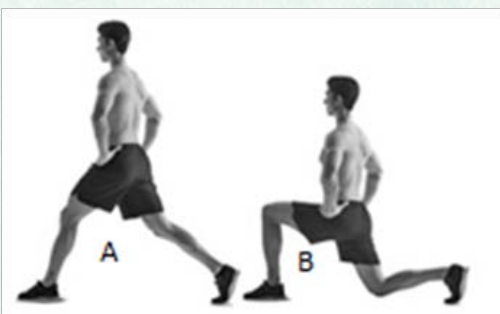
LEG MATRIX: QUAD & GLUTE FOCUS EXERCISES

BACK



BODY SQUAT

Starting in standing position with your feet shoulder width apart. Sit back with your hips until your upper legs are parallel to the deck. Keep your chest up and maintain a flat back. Keep your weight distributed evenly between your heels and balls of your feet. Do not let your heels rise off the deck and come up onto the toes. Do not let your knees travel forward past your toes. Keep your toes and knee pointed forward and don't allow the knees to dive in throughout the movement pattern. Once you reach the parallel thigh position drive through your legs and hips and come back to standing position.



SPLIT SQUATS

Start in the downward phase of a lunge with the lead leg ankle directly under the lead knee. Keeping your chest up and shoulders back. Drive through the lead leg and come up to a standing split stance position. Then lower back into the starting phase until the lead leg thigh is parallel to the deck. Do not allow the back leg knee to strike the deck. Both legs remain stationary and in contact with the deck throughout the lifting and lowering phases. Do not allow the lead leg to lock back and hyperextend during the final portion of the lifting phase.



SPLIT SQUAT JUMPS

Start in the downward phase of a lunge with the lead leg ankle directly under the lead knee. Keeping your chest up and shoulders back. Drive through both legs and jump off of the deck. While you are airborne switch legs so you land with the other leg forward. Control the movement by slowly decelerating your momentum into the lower phase of the movement pattern and repeat on the other side. Alternate legs each jump. For higher intensity jump as high as you can. When you start getting fatigued only jump high enough to switch legs before landing on the deck.



SQUAT JUMPS

Starting in standing position with your feet shoulder width apart. Sit back with your hips until your upper legs are parallel to the deck. Keep your chest up and maintain a flat back. Keep your weight distributed evenly between your heels and balls of your feet. Do not let your heels rise off the deck and come up onto the toes. Do not let your knees travel forward past your toes. Keep your toes and knee pointed forward and don't allow the knees to dive in throughout the movement pattern. Drive through your legs and hips with explosive force during the upward phase in a jumping motion. When your legs return to the deck control the momentum caused by the jump by slowly decelerating your body into the lower phase of the movement pattern. Do not land with stiff legs.