

## October is Family Wellness Month

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### Healthy Lifestyles for our Keiki

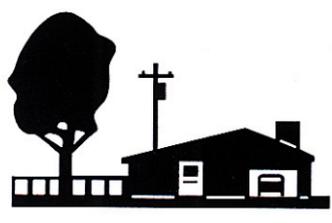
Children learn by imitating what they see. As a parent, set a good example by modeling both healthy eating habits as well as participating in regular exercise.

When it comes to balanced nutritional intake, parents lead the way to a healthy, long-term diet. If fast-food menus are a regular part of your diet, you are passing this routine on to your kids. Teach them how to make healthy fast food menu choices. Healthy eating should always be foremost in your minds when you are choosing foods for your children. Various sources state that chronic illnesses can be prevented if Americans follow a balanced, low-fat diet that includes plenty of fiber and water. The illnesses of the aged begin in youth.



In addition to a healthy diet, regular exercise is also an important part of a healthy lifestyle. "Just Move", is a frequent mantra one might hear. The power of these words cannot be underestimated. Research shows that individuals who partake in regular physical activity decrease the risk of long term diseases such as high-blood pressure, diabetes, obesity, and depression. Aerobic exercise should be done 5-7 days a week and should include activities that you enjoy. Include the kids with the activity to benefit their health and strengthen the family unit.

It is never too soon to teach children about healthy living. Teaching by example and becoming a role model for your child is a great way to start!



### Children and Family Relocation

The military Ohana is one that experiences frequent moves, from one community to another. Whether the move is one hour away, or one continent away, children are exposed to one of the biggest stressors they may ever face. Loss of friends, school, home, and familiar surroundings all must be considered when looking at the stressors a child encounters. How the family approaches the move, can lessen the impact on the child.

To make the move easier on children, parents may take these steps:

- Familiarize children to the new area with maps, photographs, or daily newspaper
- Describe advantages of the new location

Eat meals together as often as possible. Generate stress-free dinner conversation, for children learn important lessons and skills at family mealtime.

- After the move, get involved with the children and their activities



Tripler Army Medical Center



Hickam Air Force Base



With proper attention from parents and/or caregivers, children will have a positive growth experience leading to increased self-confidence and interpersonal skills the next time a move comes along!



**Family Fitness Web Sources:**  
[www.808HYPA.com](http://www.808HYPA.com)  
[www.fitness.gov](http://www.fitness.gov)  
[www.shapeup.org](http://www.shapeup.org)



Health Care Information Line (HCIL)	
Call 1-800-611-2883 and then press 1 to use the Audio Health Library.	
Code	Topic
1262	Nutrition For Children
1265	Exercise: Are your Children Getting Enough?
1276	Overweight Child
1833	Developing A Personal Fitness Plan



**TAMC Health Education and Promotion Center**  
 Classes: Stress Management, Hypertension, Exercise, Fitness Walking, Body Fat Testing, and MicroFit Assessment. Call 433-1463 or 433-1462 for information.

### Health & Fitness Center Schofield Barracks

Classes: Yoga, Hi-Low Impact, Body Shaping, Prenatal, Physical Training for soldiers, Tai Chi, Mom & Baby Morning, Personal Training and Water exercise. For more information, class fees, schedule and availability, please call: 655-8789 or 655-8007. For more information regarding fitness programs please log on to the MWR website at: [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com)

### Schofield Barracks Community Health Nursing

Offering Healthy Lifestyle Classes, Counseling and Resources. Self-Care Classes every Tuesday 1300-1400. MicroFit Fitness Assessments, by appointment, every Tuesday afternoon. Blood Pressure, Body Fat Screening

### Tripler Army Medical Center Nutrition Clinic

Classes: Cholesterol Management, Hypertension, Diabetes and Weight Management. Call 433-4950 for information.

### Health and Wellness Center (HAWC)

**Hickam Air Force Base**  
 Classes: Blood Pressure Screening, Body Fat Testing, Cholesterol Reduction, Exercise, Microfit Assessment, Nutritional Counseling, Relaxation, Smoking Cessation and Weight Mgt. Video and book library checkout. Call 448-HAWC for class dates and times. For more information regarding fitness programs please call the MWR at 449-1044 or log on to [www.hickamservices.com](http://www.hickamservices.com)

### Naval Medical Clinic Pearl Harbor

A variety of classes are offered monthly throughout the command:

- Healthy Heart
- Tobacco Cessation
- Nutrition/Weight Mgt.
- ShipShape Wt. Mgt.
- Asthma Education
- Self Care

To enroll, call Central Appointments:  
 BMC Makapala 473-0247  
 BMC Kaneohe Bay 257-2131  
 BMC Barbers Point 684-6201  
 Information and referrals about services and classes can be obtained by calling the Health Promotion Office at 471-WELL. Or enroll on the internet at: [www.nmclph.med.navy.mil](http://www.nmclph.med.navy.mil)



### Kaneohe Bay Marine Corps Base Health Promotion Program

Classes: Tobacco Cessation, Physical Fitness, Injury Prevention, Nutrition, Stress Management, Suicide Awareness, Alcohol and Substance Abuse, Hypertension and STD/HIV Awareness. For more information, class fees, schedule and availability; please call the Health Promotion Director at 254-7636. For more information regarding fitness programs please log on to the MCCS website at: [www.mccshawaii.com](http://www.mccshawaii.com)

### Health Promotion and Wellness Center

#### U.S. Coast Guard

Classes: Stress Management, Physical Fitness/Activity, Alcohol and Drug Abuse Prevention, Tobacco Cessation/Avoidance and Health Risk Assessment. Call 541-1583 for more information on classes and education.



For more information contact your Wellness Center	
Tripler AMC	433-1472
Schofield Barracks	433-8675
Hickam AFB	448-HAWC
Naval Medical Clinic	
Pearl Harbor	471-WELL
U.S. Coast Guard	541-1583



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