

**SLEEP** - Sleep plays a key role in overall wellness and can impact mission readiness. Research shows individuals who get quality sleep are more mentally and physically resilient and perform higher than those who are sleep deprived.

Date: 2<sup>nd</sup> Tuesdays monthly

Time: 1500-1600

Location: HAWC Health and Wellness Center Conf. Rm. H-102 @ Coral Reef Fitness Center

<https://www.signupgenius.com/go/10C0F4DAFAC2BAAFECF8-sleep1>



**NUTRITION** - Nutrition is directly linked to improving overall wellness and chronic disease prevention. Come get all your questions answered and learn how you can optimize your nutrition with CDR Amit Sood, Registered Dietitian/Nutritionist, Board Certified Sports Dietitian, Food and Nutrition Expert.

**Nutrition workshops will RESUME Spring/Summer 2024**

Location: HAWC Health and Wellness Center Conf. Rm. H-102 @ Coral Reef Fitness Center

**BODY COMPOSITION ANALYSIS** - INBODY 770 measures body fat and muscle mass and provides a comprehensive report, including fat and lean muscle distribution. It's an excellent tool for tracking and monitoring your progress towards a healthier you.

**Sign up** below and find out what your current body composition type is:

<https://www.signupgenius.com/go/10C0F4DAFAC2BAAFECF8-inbody>



**PHYSICAL FITNESS TRAINING** – Kick off the new YOU with regular physical training 3X/week, calisthenics, strength training, and cardio. All levels welcome.

Date: Monday, Wednesday, and Friday (rain or shine)

Time: 0500-0600

Location: Andersen AFB Track

Sign up: Show up and be ready to SET the TONE with the mindset of developing a stronger and more resilient YOU.

POC: Mark Calvo – 671-686-1429

Email: [mark.calvo@us.af.mil](mailto:mark.calvo@us.af.mil)

**COOKING WORKSHOPS (TBD)**

Time: 1130-1300

Location: HAWC Health and Wellness Center Conf. Rm. H-102 @ Coral Reef Fitness Center

**Core Stability (2<sup>ND</sup>Thursdays)**

Learn exercises that help strengthen core muscles and prevent injuries. Class is taught by Physical Therapy team (Active duty only). Please wear athletic gear, bring a water bottle and yoga mat if you have one! **LIMITED to 15 AD personnel only.**

Date: 2<sup>nd</sup> Thursday each month

Time: 1500-1600

Location: HAWC Health and Wellness Center Conf. Rm. H-102 @ Coral Reef Fitness Center

Sign up here: <https://www.signupgenius.com/go/10C0F4DAFAC2BAAFECF8-mobility>

