

Health Promotion Programs and Signups:

<https://www.andersen.af.mil/Portals/43/HP%20Programs%20updated.pdf>



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: 2nd Tuesdays monthly

Time: 1500-1600

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

<https://www.signupgenius.com/go/10C0F4DAFAC2BAAFEFCF8-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.

Date: 3rd Thursdays monthly 1200-1300 & 1500-1600

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

<https://www.signupgenius.com/go/10C0F4DAFAC2BAAFEFCF8-nutrition>



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/10C0F4DAFAC2BAAFEFCF8-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

COOKING WORKSHOPS (TBD)

Time: 1130-1300

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

Core Stability (2ND 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: 2nd 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/10C0F4DAFAC2BAAFEFCF8-mobility>



Community Garden Maintenance – 2nd Saturdays 0800-1000

Sign up here: <https://www.signupgenius.com/go/10C0F4DAFAC2BAAFEFCF8-48907123-andersen>