

**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: 2 Sessions offered: 1200-1300 & 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.

**\*\*Two Nutrition Workshop sessions:**

Date: 3<sup>rd</sup> Thursdays monthly

Time: 1200-1300 – **Sports Performance**

&

Time: 1500-1600 – **Meal Prep and Functional Foods**

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

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



**PHYSICAL FITNESS TRAINING** – Kick off 2023 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 for 2023 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)

**MONTHLY COOKING WORKSHOPS** (every 2<sup>nd</sup> Friday)

Time: 1130-1300

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

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

Time: 1130-1300

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



**MOBILITY FOR OCCUPATIONAL ATHLETES** (2<sup>ND</sup> Thursdays)

Come prepared to move as you learn how to boost your physical resilience by preventing injury through improved mobility. We will go through the most common areas that tend to have limited mobility: ankle, hips, and upper back. These 3 regions are specifically important for the occupational athlete, whether you fly a desk or plane, push pallets or pull hoses. 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>

