



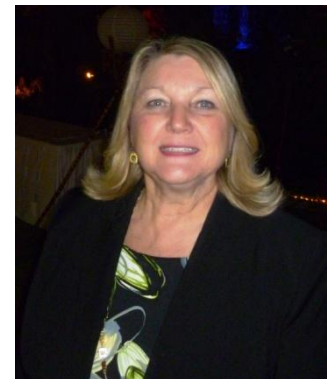
## MID CONTINENT REGIONAL BOARD NEWSLETTER FEBRUARY 2014

### Manager's Musings

To All Mid-Continent Region Members,

First of all, a Happy New Year to you all!! May 2014 be a wonderful year for FEW, family and friends, as well.

Prior newsletter I told you about FEW as a National organization facing possible hard financial times. There has been considerable discussion concerning that matter. Some hard decisions have been made. There will not be a National Training Program in July this year.



National Board members have worked to prepare correspondence to our sponsors and partners to discuss the evolution of our National Training Program for 2014 into a Leadership Summit and provide them with just the general information of what this program will look like.

Under the leadership of the NTP chairs, their team is working diligently on the planning of this event. Currently they are planning to host a 3 day event in the Washington, DC area to include some training, an Advocacy Day event and a celebration of our 45th training program.

Dates for the subject national events are:

29 May - Advocacy Day (Legislative event)

30 May - Summit Day (Training event)

30 May - 45th anniversary of FEW's premiere training (Gala event)

31 May - Executive Committee – tentative

Next, our Regional Training Program that was postponed from October will be held sometime in April. Same host chapter, same location, hopefully, same sessions. More on that as the team works on the new dates with the facilities in Ames. The Spring Regional Board meeting will be held the same weekend.

And, the favorite Quarterly Report submission - Please mark on your Chapter Calendars:

**January thru March – report due NLT April 10**

**April thru June – report due NLT July 10**

**July thru September – report due NLT October 10**

**October thru December – report due NLT January 10**

And, I'd like to throw out a challenge to all current members to recruit new FEW members. Overall, it seems that FEW membership is waning. But that's not true in our region. It is falling off in some chapters while a new chapter was formed. Read about the Warrior chapter elsewhere in this newsletter.

Our region currently has a couple chapters that are really in need of some more memberships. If you know anyone in the Fort Leonard Wood MO area or the Topeka KS area that would benefit from FEW participation or even just support our cause by becoming a member, let the respective chapter president know. Ft Leonard Wood president is [jennifer.l.flynt.civ@mail.mil](mailto:jennifer.l.flynt.civ@mail.mil) and Kansas Sunflower is [linda.j.wallacewood@uscg.mil](mailto:linda.j.wallacewood@uscg.mil). There are many reasons to join FEW, but I especially urge everyone to take advantage of the great networking opportunity it provides.

Finally, I have had a bad patch of life events over the last few months. Some of you know details, as you have become my dear friends since meeting you through FEW. Some of you don't know as much, some probably don't know anything. I want to thank everyone for bearing with me, my unresponsiveness to emails, last minute suspense completions and my venting over the events. Thanks for all the support and prayers that I know helped me through the roughest parts and continue to get me on with life. Thank you!!!

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**Pam Makovicka – Compliance Chairman**

**The video “Sexual Assault Response” and a discussion on this topic is the focus for our February Heartland FEW meeting.**

**Message from our FEW President:**

**Violence amongst our military is intolerable**

Today, I sent letters to the President, Secretary of Defense, and OPM to stipulate the need to take the necessary critical steps in protecting our military men and women, against any form of sexual harassment and sexual assault. The allegations of sexual violence, sexual harassment, and sexual assault are at abhorrent levels in the U.S. Military and cannot be ignored.

In 1994, the initial passage of the “Violence Against Women Act” (Public Law 103-322) was

passed, yet nearly 20 years later sexual assaults against women have tripled and are steadily rising. The Department of Defense (DOD) reports that there were estimated 3,374-reported sexual assaults and 26,000 anonymous incident reports in 2012 alone. Additionally, the DOD believes there were likely many more survivors who chose not to make such statements or report other forms of sexual violence. Every one of our service men and women deserve the right to safety and respect in the work place.

While discussions are occurring and some actions are being taken, the call for action is still far from where it needs to be to change the social behavior attributed to sexual assault and harassment. Federal employees should never hear the words, “culture of sexual assault,” as it was stated in the Federal Press January 14, 2013, article about the Lackland Air Force Base cases. This same article reported that the majority of allegations of sexual assaults were never reported. As an organization built on the premise of eliminating discrimination against women in the federal government, we do not accept this type of violent attack against women or men in the federal government.

We are calling for our leaders to hold each federal agency, including the U.S. military, whose policies and practices are in severe neglect, accountable. Otherwise, it can be expected that the crime of sexual assault or harassment and their punishments will have lasting negative consequences within the realms of the Universal Code of Military Justice and civilian criminal systems. We also expect there will be considerable efforts made to ensure victims of these heinous crimes have a safe place to report any incident related to sexual harassment and sexual assault of any kind.

We know that as a country we are passionate about protecting the federal workforce as they serve and protect the public. FEW, thanks our leadership for their support in our efforts to ensure that our US military is safe and secure from within.

Michelle Crockett  
National FEW President

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**NEW WARRIOR CHAPTER- WELCOME!!**



FEW Warrior Chapter Installs New Officers by Saralee Sickles, President

The FEW Warrior Chapter was chartered by Federally Employed Women (FEW) on December 13, 2013. Yes, a Friday the 13<sup>th</sup>! Fortunately, no one in the Warrior Chapter is superstitious, though. We’re off to a great start! We chartered our chapter with more than 30 members and more are joining every day.

A big thank you goes out to Gloria Sherman, Mid-Continent Region Manager, for the support, guidance, and depth of knowledge that she shared with us as we moved our concept for a chapter

into reality. We started the chartering process in July 2013, held our organizational meeting on August 26<sup>th</sup> and the Warrior chapter charter petition package was sent off September 6th. We cleared up an issue with our bylaws before the charter was issued and are working on our logo.

Dawn Nester, Vice President for Membership and Chapter Organization; Kimberly Kirkpatrick, National Bylaws Chair; and Denise Smith, Talley Management Group, were also very helpful all along the way.

We held our installation of officers' ceremony on December 30, 2013. The ceremony was held at the St Luke's Episcopal Church, where we typically hold our meetings. Due to the hazardous road conditions, Gloria was unable to make the trip from Kansas, but Mary Souers, former Mid-Continent Region Manager, of the Carrie Chatman Catt Chapter in Ames was able to help us out. I believe that she had bribed her husband with a trip to Menards, but the Warrior Chapter really appreciated it!

Here is a photo from the installation ceremony. From Left to right: Mary Souers from CCCC; Saralee Sickles, President; Marti Hupp, VP; Becky Coady, Secretary; Julia Mason, Treasurer.



We chose the name of "Warrior" Chapter because we want to be an chapter dedicated to helping females in the military, and FEW's missions and goals aligns perfectly! Our chapter of the organization will support the women of the Iowa National Guard on Camp Dodge, the Air National Guard at the Des Moines Air Base, and the Reserve Center at Fort Des Moines. We currently have members from the Iowa Army National Guard, the Iowa Air Guard, Military Technicians, DA Civilians, State Employees, Contractors, and Women from the VA.

**RxSavingsPlus**<sup>SM</sup>



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**We are pleased to provide you access to a new program called RxSavingsPlus<sup>SM</sup> which you can start using immediately.**

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MinuteClinic, which is inside select CVS/pharmacies, has nurse practitioners and physician assistants trained to

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The RxSavingsPlus program includes 99 percent of all commonly prescribed brand-name and generic medications, and is **accepted at 9 out of 10 retail pharmacies nationwide**. No membership fees, no enrollment and no waiting makes it easy to start saving immediately



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**If you have questions please call RxSavingsPlus Customer Care toll-free at 1-877-673-3688.**

\*Maximum savings of \$10 per person, per visit. Operated by CVS Caremark

**This is not insurance. Discounts are only available at participating pharmacies.**

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## Scholarship Season Open!

FEEA's 2014-15 Scholarship program launched on January 2, 2014. The program is open to civilian federal and postal employees with at least three years of service, their spouses, and dependents. You can view all scholarship criteria on our Scholarships page

<<https://secure.feea.org/nps/servlet/DisplayLink?orgId=feea&emailId=fd69dc5c26f056e8b1a9226052372e68fm1228601fd6&linkId=940&targetUrl=http://www.feea.org/scholarships>> , or download the application

<[https://secure.feea.org/nps/servlet/DisplayLink?orgId=feea&emailId=fd69dc5c26f056e8b1a9226052372e68fm1228601fd6&linkId=939&targetUrl=http://www.feea.org/storage/documents/scholarships/feea\\_2014.pdf](https://secure.feea.org/nps/servlet/DisplayLink?orgId=feea&emailId=fd69dc5c26f056e8b1a9226052372e68fm1228601fd6&linkId=939&targetUrl=http://www.feea.org/storage/documents/scholarships/feea_2014.pdf)> . We also highly recommend reading through FEEA's FAQ on scholarships

<<https://secure.feea.org/nps/servlet/DisplayLink?orgId=feea&emailId=fd69dc5c26f056e8b1a9226052372e68fm1228601fd6&linkId=947&targetUrl=http://www.feea.org/scholfaq>> to help avoid pitfalls during the application process.



Partner Program scholarship applications

<<https://secure.feea.org/nps/servlet/DisplayLink?orgId=feea&emailId=fd69dc5c26f056e8b1a9226052372e68fm1228601fd6&linkId=942&targetUrl=http://www.feea.org/partnerapps>> are also available now. You can learn more about the Partner Programs administered by FEEA, including eligibility criteria, on our Partner Programs page <<https://secure.feea.org/nps/servlet/DisplayLink?orgId=feea&emailId=fd69dc5c26f056e8b1a9226052372e68fm1228601fd6&linkId=941&targetUrl=http://www.feea.org/programs/scholarships/partner-programs>> . Most of the time, completing a Partner application enters the student into both the Partner's competition and the main FEEA competition -- two chances to win with just one application!

Applications must be completed by the student and mailed to FEEA postmarked no later than March 28, 2014. We'll send more tips and tricks in future eblasts and will remind you as the deadline nears. You can also find regular updates on our Facebook page

<<https://secure.feea.org/nps/servlet/DisplayLink?orgId=feea&emailId=fd69dc5c26f056e8b1a9226052372e68fm1228601fd6&linkId=946&targetUrl=https://www.facebook.com/FedsHelpingFeds>> or follow us on Twitter

<<https://secure.feea.org/nps/servlet/DisplayLink?orgId=feea&emailId=fd69dc5c26f056e8b1a9226052372e68fm1228601fd6&linkId=948&targetUrl=https://twitter.com/FedsHelpingFeds>>

## SIMPLE WAYS TO TACKLE THE SUPERMARKET

With all the options available at the local supermarket, it sure can be confusing to figure out the best foods to choose. We are bombarded with so many choices of different foods to buy and it can be hard to make an informed decision. Here are some tips to help you:

### Shop The Perimeter

The simplest solution is to buy as much of your food as close to how it comes in nature. For example, fresh or frozen fruits and vegetables, grass fed organic meats, wild fish, whole grains and low fat dairy. You will usually find all of these foods by shopping the perimeter (with the exception of the frozen fruits and vegetables, most of these foods will be found on the outer circle of the supermarket).



### Beware of the Processed Middle

It is the centre aisles with packaged and processed foods where things get tricky! For example, because of the excess carbs from grains and sugars, apple muffins are not the ideal way to get your apples. So instead, grab fresh apples while shopping

the outer perimeter of the store. Another example is processed meat pies - tough to find any real meat under all that salt, corn syrup, starch and preservatives. Even better is to shop the fresh meat section and avoid those processed foods all together. Another middle aisle weight buster are the breakfast cereals claiming to be healthy for you. In a lot of cases, the box it comes in is more nutritious than the cereal! Be sure to continue to eat the way Dr Cohen has taught you whilst on your Eating Plan and you will maintain your weight loss easily.

### **Common Tricks to Avoid**

Here are some claims that should raise big flags for you:

- Products labelled 'fat-free' or 'sugar-free': These foods likely contain added sugars or artificial sweeteners. Even 'reduced calorie' foods play this trick. While the total calories per serving may be lower, these foods can shift your food cravings into overdrive, causing you to eventually eat more.
- All Natural: Just because a product is labelled 'all natural' does not mean it is good for you. A lot of people see this on the package and forget to read the label. When you read the label pay extra attention to the sugar, carbohydrate and fat content.
- Pre-packaged 'diet' snacks: These are all the rage these days and no one eats just one. The result is over eating daily - Before you know it, you have eaten three or four packs of these 'diet' snacks and wonder why you are gaining weight. Better to pass on these and reach for wholesome snacks if need be, such as a piece of fruit, some crispbread or some form of protein like a hard cheese.

American Heart Month: February

National Wear Red Day: February 7, 2014

By Pam Makovicka

Heart Disease kills an estimated 630,000 American each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and in some cases, medication.

Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Since 2004, February has also been the signature month for the American Heart Association's *Go Red For Women* campaign with the message that heart disease is not only a man's problem.

The heart is the human body's hardest working organ. Throughout life it continuously pumps blood enriched with oxygen and vital nutrients through a network of arteries to all tissues of the body. To perform this strenuous task, the heart muscle itself needs a plentiful supply of oxygen-



rich blood, provided through a network of coronary arteries. These arteries carry oxygen-rich blood to the heart's muscular walls (the myocardium).

A heart attack (myocardial infarction) occurs when blood flow to the heart muscle is blocked, and tissue death occurs from loss of oxygen, severely damaging a portion of the heart.

Coronary artery disease causes nearly all heart attacks. Coronary artery disease is the end result of a complex process called *atherosclerosis* (commonly called "hardening of the arteries"). This causes blockage of arteries (*ischemia*) and prevents oxygen-rich blood from reaching the heart.

The atherosclerosis process begins with cholesterol and sphere-shaped bodies called lipoproteins that transport cholesterol.

- Cholesterol is a substance found in all animal cells and animal-based foods. It is critical for many functions, but under certain conditions cholesterol can be harmful.
- The lipoproteins that transport cholesterol are referred to by their size. The most commonly known are low-density lipoproteins (LDL) and high density lipoproteins (HDL). LDL is often referred to as "bad" cholesterol; HDL is often called "good" cholesterol.

The damaging process called oxidation is an important trigger of atherosclerosis:

- Oxidation is a chemical process in the body caused by the release of unstable particles known as oxygen-free radicals. It is one of the normal processes in the body, but under certain conditions (such as exposure to cigarette smoke or other environment stresses) these free radicals are overproduced.
- In excess amounts, they can be very dangerous, causing damaging inflammation and even affecting genetic material in cells.
- In heart disease, free radicals are released in artery linings and oxidize low-density lipoproteins (LDL). The oxidized LDL is the basis for cholesterol build-up on the artery walls and damage leading to heart disease.

For the arteries to harden there must be a persistent reaction in the body that causes ongoing harm. Researchers now believe that this reaction is an immune process known as the inflammatory response.

### Heart Attack Symptoms

Heart attack symptoms can vary. They may come on suddenly and severely or may progress slowly, beginning with mild pain. Symptoms can also vary between men and women. Women are less likely than men to have classic chest pain, but they are more likely to experience shortness of breath, nausea or vomiting, or jaw and back pain.

Common signs and symptom of heart attack include:

- Chest pain or discomfort (angina) is the main sign of a heart attack. It can feel like pressure, squeezing, fullness, or pain in the center of the chest. Patients with coronary artery disease who have stable angina often experience chest pain that lasts for a few minutes and then goes away. With heart attack, the pain usually lasts for more than a few minutes and the feeling may go away but then come back.
- Discomfort in the upper body. People having a heart attack may feel discomfort in the arms, neck, back, jaw or stomach.
- Shortness of breath can occur with or without chest pain.
- Nausea and vomiting.
- Breaking out in cold sweat.
- Lightheadedness or fainting.

#### Symptoms That Are Less Likely to Indicate Heart Attack

The following symptoms are less likely to be due to heart attack:

- Sharp pain brought on by breathing in or when coughing.
- Pain that is mainly or only in the middle or lower abdomen.
- Pain that can be pinpointed with the tip of one finger.
- Pain that can be reproduced by moving or pressing on the chest wall or arms.
- Pain that is constant and lasts for hours (although no one should wait hours if they suspect they are having a heart attack).
- Pain that is very brief and lasts for a few seconds.
- Pain that spreads to the legs.

However, the presence of these symptoms does not always rule out a serious heart event.

#### Silent Ischemia

Some people with severe coronary artery disease do not have angina pain. This condition is known as silent ischemia. This is a dangerous condition because patients have no warning signs of heart disease. Some studies suggest that people with silent ischemia experience higher complication and mortality rates than those with angina pain.

#### What to Do When Symptoms Occur:

People who have symptoms of a heart attack should take the following actions:

- For angina patients, take one nitroglycerin dose either as an under-the-tongue tablet or in spray form at the onset of symptoms. Take another dose every five minutes, up to three doses, or when the pain is relieved, whichever comes first.

- Call 911 or the local emergency number. This should be the first action taken if angina patients continue to experience chest pain after taking the full three doses of nitroglycerin. However, only 20% of heart attacks occur in patients with previously diagnosed angina. Therefore, anyone who develops heart attack symptoms should contact emergency services.
- The patient should chew and swallow an uncoated adult-strength (325 mg) aspirin and be sure to tell emergency health providers so an additional dose is not given.
- Patients with chest pain should go immediately to the nearest emergency room, preferably traveling by ambulance. They should not drive themselves.

### Lifestyle Changes for Heart Disease Prevention and Treatment

Weight plays a crucial role in controlling heart disease. Find out what steps you can take to tip the scale in your favor.

- [Heart Healthy Diet](#)

Eating right is the key to a healthy heart and changing your diet may be easier than you think. Learn more about how you can change your diet for the better.

- [Exercise for Your Heart](#)

Exercise is important to managing your weight, and even small reductions in weight can have a big impact on health. Learn more about what you can do to maintain a healthy weight.

Here are a few basics of a 'heart healthy' diet:

1. Control your portion size.

How much you eat is just as important as what you eat. Overloading your plate, taking seconds and eating until you feel stuffed can lead to eating more calories, fat and cholesterol than you should. Portions served in restaurants are often more than anyone needs. Keep track of the number of servings you eat — and use proper serving sizes — to help control your portions. Eating more of low-calorie, nutrient-rich foods, such as fruits and vegetables, and less of high-calorie, high-sodium foods, such as refined, processed or fast foods, can shape up your diet as well as your heart and waistline.

A serving size is a specific amount of food, defined by common measurements such as cups, ounces or pieces. For example, one serving of pasta is 1/2 cup, or about the size of a hockey puck. A serving of meat, fish or chicken is 2 to 3 ounces, or about the size and thickness of a deck of cards. Judging serving size is a learned skill. You may need to use measuring cups and spoons or a scale until you're comfortable with your judgment.

## 2. Eat more vegetables and fruits.

Vegetables and fruits are good sources of vitamins and minerals. Vegetables and fruits are also low in calories and rich in dietary fiber. Vegetables and fruits contain substances found in plants that may help prevent cardiovascular disease. Eating more fruits and vegetables may help you eat less high-fat foods, such as meat, cheese and snack foods.

Featuring vegetables and fruits in your diet can be easy. Keep vegetables washed and cut in your refrigerator for quick snacks. Keep fruit in a bowl in your kitchen so that you'll remember to eat it. Choose recipes that have vegetables or fruits as the main ingredient, such as vegetable stir-fry or fresh fruit mixed into salads.

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## 3. Select whole grains.

Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. You can increase the amount of whole grains in a heart-healthy diet by making simple substitutions for refined grain products. Or be adventuresome and try a new whole grain, such as whole-grain couscous, quinoa or barley.

Another easy way to add whole grains to your diet is ground flaxseed. Flaxseeds are small brown seeds that are high in fiber and omega-3 fatty acids, which can lower your total blood cholesterol. You can grind the seeds in a coffee grinder or food processor and stir a teaspoon of them into yogurt, applesauce or hot cereal.

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## 4. Limit unhealthy fats and cholesterol.

Limiting how much saturated and trans-fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease. A high blood cholesterol level can lead to a buildup of plaques in your arteries, called atherosclerosis, which can increase your risk of heart attack and stroke.

The American Heart Association offers these guidelines for how much fat and cholesterol to include in a heart-healthy diet:

Type of fat	Recommendation
Saturated fat	Less than 7% of your total daily calories, or

	less than 14 g of saturated fat if you follow a 2,000-calorie-a-day diet.
Trans fat	Less than 1% of your total daily calories, or less than 2 g of trans fat if you follow a 2,000-calorie-a-day diet.
Cholesterol	Less than 300 mg a day for healthy adults; less than 200 mg a day for adults with high levels of LDL ("bad") cholesterol or those who are taking cholesterol-lowering medication.

The best way to reduce saturated and trans fats in your diet is to limit the amount of solid fats — butter, margarine and shortening — you add to food when cooking and serving. You can also reduce the amount of saturated fat in your diet by trimming fat off your meat or choosing lean meats with less than 10% fat.

You can also use low-fat substitutions, when possible, for a heart-healthy diet. For example, top your baked potato with salsa or low-fat yogurt rather than butter, or use low-sugar fruit spread on your toast instead of margarine.

You may also want to check the food labels of some cookies, crackers and chips. Many of these snacks — even those labeled "reduced fat" — may be made with oils containing trans fats. One clue that a food has some trans-fat in it is the phrase "partially hydrogenated" in the ingredient;

When you do use fats, choose monounsaturated fats, such as olive oil or canola oil. Polyunsaturated fats, found in nuts and seeds, also are good choices for a heart-healthy diet. When used in place of saturated fat, monounsaturated and polyunsaturated fats may help lower your total blood cholesterol. But moderation is essential. All types of fat are high in calories.

For more information: <http://www.mayoclinic.com/health/heart-healthy-diet/NU00196>

A sedentary (inactive) lifestyle is one of the top risk factors for heart disease. Fortunately, it's a risk factor that you can do something about. Regular exercise, especially aerobic exercise, has many benefits. It can:

- Strengthen your heart and cardiovascular system.
- Improve your circulation and help your body use oxygen better.
- Improve your heart failure symptoms.
- Increase energy levels so you can do more activities without becoming tired or short of breath.
- Increase endurance.

- Lower blood pressure.
- Improve muscle tone and strength.
- Improve balance and joint flexibility.
- Strengthen bones.
- Help reduce body fat and help you reach a healthy weight.
- Help reduce stress, tension, anxiety and depression.
- Boost self-image and self-esteem.
- Improve sleep.
- Make you feel more relaxed and rested.
- Make you look fit and feel healthy.

### How Do I Get Started Exercising?

Before starting an exercise program, talk to your doctor about:

- Medication changes. New medications can greatly affect your response to exercise; your doctor can tell you if your normal exercise routine is still safe.
- Heavy lifting. Make sure that lifting or pushing heavy objects and chores such as raking, shoveling, mowing or scrubbing aren't off limits. Chores around the house can be tiring for some people; make sure you only do what you are able to do without getting tired.
- Safe exercises. Get the doctor's approval before you lift weights, use a weight machine, jog or swim.

### What Type of Exercise Is Best?

- Stretching the arms and legs before and after exercising helps prepare the muscles for activity and helps prevent injury and muscle strain. Regular stretching also increases your range of motion and flexibility.
- Cardiovascular or aerobic activity strengthens the heart and lungs and improves the body's ability to use oxygen. Aerobic exercise has the most benefits for your heart. Over time, aerobic exercise can help decrease your heart rate and blood pressure at rest and improve your breathing.
- Strengthening, repeated muscle contractions (tightening) until the muscle becomes tired; for people with heart failure, many strengthening exercises are not recommended. (See below)

### What Are Examples of Aerobic Exercises?

Aerobic exercises include: walking, jogging, jumping rope, bicycling (stationary or outdoor), cross-country skiing, skating, rowing, and low-impact aerobics or water aerobics.

### How Often Should I Exercise?

In general, to achieve maximum benefits, you should gradually work up to an aerobic session lasting 20 to 30 minutes, at least three to four times a week. Exercising every day or every other day will help you keep a regular aerobic exercise schedule.

For more information:

<http://www.webmd.com/fitness-exercise/guide/exercise-healthy-heart>

Keep your heart healthy and help others to do the same.

## **Check the website for membership and membership renewal**

<http://www.few.org/>

Check under the “about us” tab for a “join now” tab.

If you have problems with this membership tab send an email to me at [pamela.a.makovicka.civ@mail.mil](mailto:pamela.a.makovicka.civ@mail.mil)

I will assist you or find help for you.



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