

Fitness & Sports

Sports line

Water workout: An aqua aerobics class is held on Tuesdays, Wednesdays, and Thursdays from 11a.m. to noon at the base pool. The instructors are Anthony Milunas and Frankie Cox. For more information, call the Health and Wellness Center at 963-4007.

HAWC news: A tobacco cessation class is now underway in the Fitness and Sports Center classroom. The class is a five-week program using the "QuitSmart" Tobacco Cessation Program. Classes are held every two weeks over a five-week period (three classes total). Zyban® and nicotine replacement therapy (21mg, 14mg, and 7 mg patch) will be available for anyone actively enrolled and remaining tobacco free.

The next class begins July 25 and will be held on Tuesdays at 5 p.m.

Thursday classes begin July 27 at 5 p.m.

Contact the Health and Wellness Center at 963-4007 to sign up.

Intramural Standings

Softball

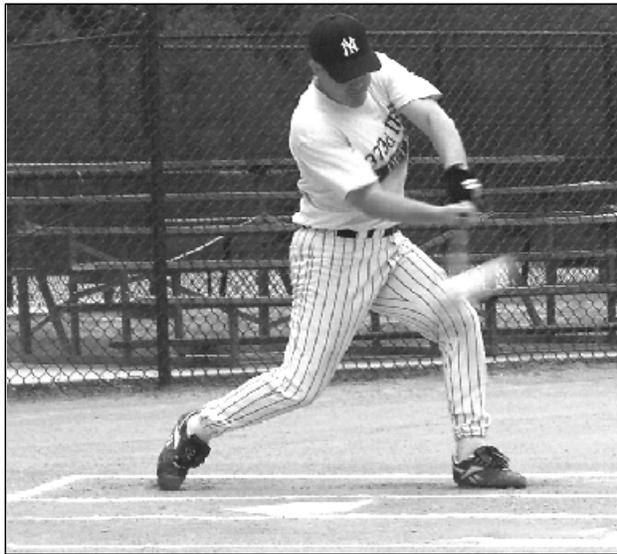
1. 437 AGS 1
2. MXS 1
3. CS/SVS
4. 373 TRS/LSS
5. SFS
6. SUP 1
7. CES
8. Navy Hospital
9. APS
10. Flyers
11. LGT
12. 1 CTCS
13. Med Grp
14. 437 AW
15. SUP 2
16. MXS 2
17. OSS
18. 437 AGS 2

Riverdogs tickets: The Outdoor Recreation Center now has \$3 vouchers for Charleston Riverdogs baseball games.

For more information, call 963-5271.

Swim lessons: The Outdoor Recreation Center has begun registration for summer swimming lessons. The cost is \$25 per child ages 5-11. Lessons are scheduled July 4-14, and July 18-28.

Call the Outdoor Recreation Center for more information at 963-5271.



Softball playoffs coming soon

At left, Matt Mercer of 373rd TRS/LSS gets in a hit during a game against 437th AGS 1. Below, Brian Moore and Will Singleton of 437th AGS 1 get high fives after Singleton hit a home run. TRS/LSS won, 28-9. Softball playoffs begin Monday.

photos by Staff Sgt. Michael Duhe



Fitness facts (and myths)

1. Fact or myth? A food that is labeled "98 percent fat-free" contains only 2 percent of its total calories from fat. MYTH.

The 98 percent fat-free claim refers to the weight of the food, not its calories. If a food is labeled fat free, it contains 3 grams of fat or less per serving. Read the Nutrition Facts label for grams of fat per serving.

2. Fact or myth? Fresh vegetables and fruits contain more nutrients than canned or frozen. MYTH. There is little difference, depending on the handling of the produce. Canned and frozen produce is generally processed at their peak and may contain more nutrients than fresh produce.

However, canned or frozen produce may have added sugar or salt, which is something to consider when purchasing these items.

3. Fact or myth? People are not born with a preference for salty flavors. TRUTH. Preferences for salty foods are learned. If you slowly cut down sodium intake, your desire for salt will decrease.

4. Fact or myth? Your stomach shrinks when you eat less. MYTH. Your stomach expands to handle large amounts of food. As the food moves through your digestive system, your stomach returns to its normal size and stays there until your next meal. (Source: American Dietetic Association)



Soccer playoffs kick off

Roger Hill of 437th Security Forces Squadron drives downfield as Allan Harris (left) of 437th Comm Squadron follows. Comm won the playoff game, 7-1. Final standings for the regular season were:

Staff Sgt. Michael Duhe

- | | |
|----------------|--------|
| 1. Med Grp/SUP | 5. APS |
| 2. Flyers | 6. CS |
| 3. SFS | 7. CES |
| 4. 437 AGS | 8. MXS |

AF meets NASCAR

More than 225,000 spectators were on hand to watch as the Air Force stock car made its racing debut May 28 in the Coca Cola 600 at Lowe's Motor Speedway, Charlotte, N.C. Dale Jarrett, driving the Air Force car, #88, finished fifth in the event, ahead of the cars representing the other military services. NASCAR has joined with all five branches of the armed forces to target its fans in support of military recruiting efforts, through a special program called, "Tribute to Freedom in the Millennium."



Courtesy photo