

Air mobility flight gets in step for bridge run

By Senior Airman Michael Duhe
437 AW Public Affairs

Members of the 437th Air Mobility Flight are taking unit physical training a step further by teaming up and training to run the Cooper River Bridge Run in April.

"It's a good morale activity for the flight," commented Daren Baker, 437th Air Mobility Flight commander. The flight falls under the 437th Aerial Port Squadron.

After assuming command of the flight two months ago, Baker thought the three-day-a-week unit physical training could use more enthusiasm, he said.

"I put the word out that we'll prepare for and run for the event as a flight," he said. "It was an attempt to put an additional spark into the program. Not everybody bought into that idea at first, but now people are talking about it. It's having the desired effect I was looking for."

The idea has produced other positive effects as well over the past few weeks, according to Scott Garland, air mobility supervisor. Although flight members were skeptical about the idea at first, camaraderie has increased, work performance and fitness levels have improved and there are friendly competitions among flight members.

"It's not mandatory to train for the bridge run," Garland said. "Our goal is fitness. So far, we have about



photos by Staff Sgt. Andrew Rodier

Members of the 437th Air Mobility Flight keep the pace.

a dozen people interested. It's coming around."

The workouts begin at 7:30 a.m. in the fitness center aerobics room with stretching and calisthenics. In true drill instructor fashion, Garland leads the class through a half-hour of push-ups, flutter kicks, crunches, butterfly stretches, arm circles, torso rotations, windmills and ankle rotations.

Flight members are given a few minutes for a water break before heading to McComb's Way for two laps, equal to 3.5 miles. The first lap is run in formation, the second at each individual's pace.

"I enjoy it," said Dan Smith, a

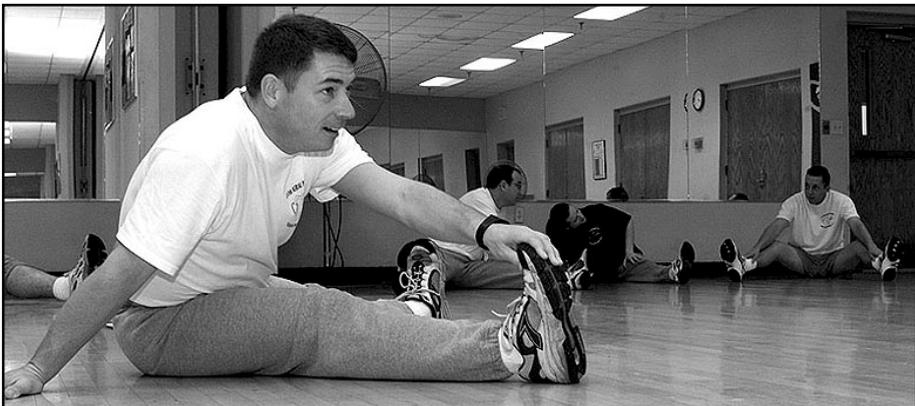
member of the mobility flight. "It inspires teamwork and camaraderie, and it's fun to be able to exercise on the job."

The actual number of flight members taking part in the run will depend on how many are on temporary duty at the time of the run, Baker said. Temporary duty is another reason for unit fitness, Baker said. As the Expeditionary Air Force concept is put into action, the flight is expected to be tasked for TDYs even more.

"We're preparing ourselves to meet that challenge," Baker said.

Mobility flight members are tasked for worldwide deployments, often to areas where the threat of disease and infection is high. Being in good shape helps the body's immune system fight this, Baker added.

Flight members invite anyone interested to join them. They train every Monday, Wednesday and Friday.



Scott Garland leads flight members through a stretching routine.

More on holiday eating: moderation is the answer

By Frankie Cox
Registered dietitian

The holiday season can be a dangerous period for some people in regards to their eating habits and weight. Many folks gain from five to 15 pounds every year over the holidays.

As long as you are careful and pay attention to what you're doing, this doesn't have to happen. One of the reasons why people gain weight is because of lack of moderation. If you have healthy eating habits all year long you will be less likely to overindulge come time for the parties and holidays. You won't feel the need to "go wild." The secret is moderation and balance. Challenge yourself to maintain your weight over the holiday season.

Planning ahead is one tip that may help over the holidays. Fit the meals or foods you eat into your whole day's eating plan without overdoing on calories and fat. By having a plan of action you can be better prepared to select the kinds and amounts of foods that best fit your plan rather than succumbing to temptations. Think about what your day will be like in regards to your

food choices. If you know your meal will be higher in calories and fat, cut back during other meals that day. Make some trade-offs.

Here are some other tips that may help:

- Watch your portion sizes and try not to feel like a stuffed turkey. Ask yourself how you want to feel -- "How will I feel afterwards if I overeat?"

- Eat slowly and stop eating if you feel too full. Eating slowly gives your body time to feel full.

- Practice the art of balance and moderation. If you really want a rich dessert once in a while, then share with someone else.

- Avoid skipping meals in an attempt to "save up" for a special occasion. If you are over-hungry, it's too easy to overindulge. A better approach would be to eat smaller meals over the day, have a healthy snack, and drink a diet soda or large glass of water before you go.

- Think "five a day." Fill your plate with fruits and vegetables first. There will be a

lot less room in your stomach for other things. Fill up on the healthy stuff and savor a small portion of the less healthy foods.

If you are contributing food make sure your contribution is healthy so you have at least one to choose.

- Look for foods that are prepared with less fat. Often foods that are prepared simply are lower in calories and fat.

- Choose from a wide variety of foods, including all the food groups. Be adventurous by trying something you've never tried before or don't usually have at home.

- Don't stand by the food table and try to focus on the conversation. Have a goal to talk to at least five people before eating.

- Carry two low calorie drinks -- where are you going to put the plate?

- Watch out for alcohol. Healthy eating guidelines recommend no more than one alcoholic drink per day for women and no more than two per day if you are a man.

