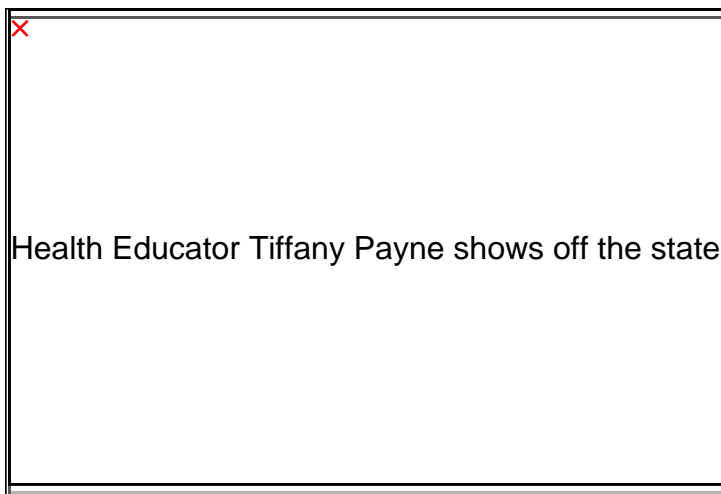


# Carlisle Barracks Wellness Center enhances health of distance students

By Tyler Davis

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After stepping out of a machine that looks like an egg shaped space ship a staff member records the results and instructs you on the next test. Welcome to the Carlisle Barracks Wellness Center, a new organization on post that is dedicated to the health and wellness of the students, staff and Barracks community.

122 Distance Education students recently took advantage of an opportunity to take charge of their health thanks to the new Army Wellness Center on post.

*Beth Murray, Nurse Educator, hosts one of the lunch time briefings where the student's results are explained.*

The Wellness Center executed a comprehensive series of tests to determine the physical condition and overall wellness of each client. The results are then compiled and explained during lunch time briefings. The information provided gave the students a glimpse at their overall health and recommendations on health and lifestyle improvements.

“It was good to get an update on my fitness levels and overall health,” said **Lt. Col. Morgan Mann**, Distance class of 2012. “It has really been a great addition to the program here.”

“This has been one of the highlights of my studies here,” said **Col. Paul Raaf**. “It gives me a general look at my health and fitness I wouldn’t have received otherwise.”

Raaf noted that it is sometimes difficult to determine overall health and fitness without assistance.

“It’s the little things,” said **Raaf**. “I don’t have a general physician, so these tests provide me important information such as my cholesterol and overall fitness levels. The Wellness Center really provides a great service to the students.”

Since the class spends just two two-week resident phases at Carlisle Barracks over the course of two years, the students have the opportunity to stay connected with the staff via Defense Connect Online. Students can also utilize the services of any other Wellness Center around the world.

“The Wellness Center is an Army wide initiative with standardized Centers planned for across the globe,” said **Beth Murray**,

**Health Educator**. “A patient can visit any standardized Wellness Center and all of their health information, fitness plans and previous visits regardless of location will be available.”

***Tiffany Payne, Health Educator, shows of the state-of-the-art Bod Pod and ultra sound machines which measure body composition.***

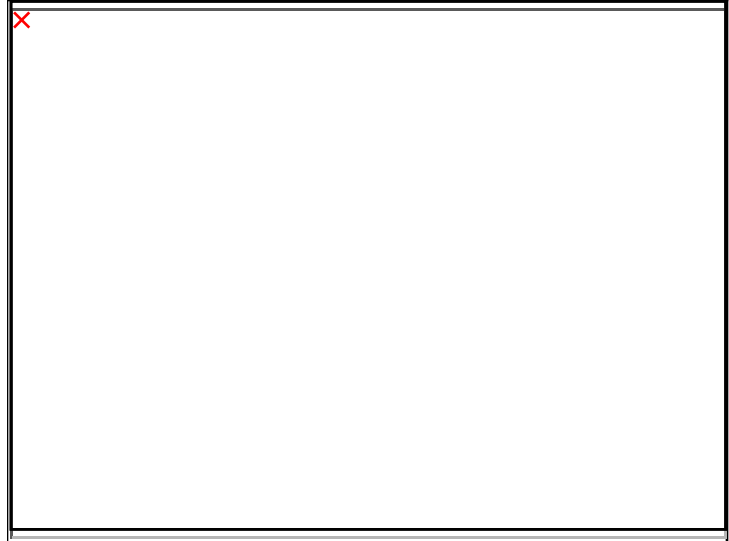
Including Carlisle Barracks, there are three Army Wellness Centers in the U.S. and five in Europe. There are initiatives under way to have 38 operational by 2015.

“The primary goal of the testing was to develop fitness and nutrition plans based on the five components of physical fitness: cardio-respiratory endurance, flexibility, body composition, muscular strength and muscular endurance,” said **Murray**.

Due to the limited time available to the distance students, the muscular strength and flexibility were not able to be tested.

“Exercise truly is medicine,” said **Murray**. “We are here to help you make the lifestyle changes to get you physically well.”

To gather the information necessary to determine physical fitness, the Wellness Center uses a variety of tests and equipment.



- Body Composition is determined by the use of a state-of-the-art Bod Pod and ultrasound machines, which measure body mass and fat percentage, as well as simple height and weight measurements.
- Cardio-respiratory endurance is determined through tests that are designed to stress the body. The Sub-max VO2 test uses sophisticated equipment to measure the anaerobic threshold in which the body can no longer provide adequate oxygen to the muscles. This estimate is used in providing a healthy work out regiment based on the limitations of the body.
- A resting metabolic rate test determines the number of calories and individual requires to carry out basic bodily functions at rest. This information then helps the Wellness Center staff produce a nutrition and exercise outline based on individual health goals.

These tests are complemented by blood work done at the Dunham Army Health Clinic to test for any irregularities.

The range of tests give enough data to create a personalized plan to take charge of health and fitness.

“We create exercise and nutrition prescriptions based on each individual needs,” said Murray.

The Army Wellness Center will close out the distance students and prepare to start working with Class of 2013 resident students in early September. Next will be the grand opening Sep. 14, and the Wellness Center will be open to military family members, civilian employees, and military retirees.