

## **Busy Army War College students fit wellness into their careers**

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At this point in their careers and lives, Army War College students are confronting factors that impact overall health, such as stress, age, and a rigorous academic program, making the Army Wellness Center here a welcome benefit for distance and resident students alike.

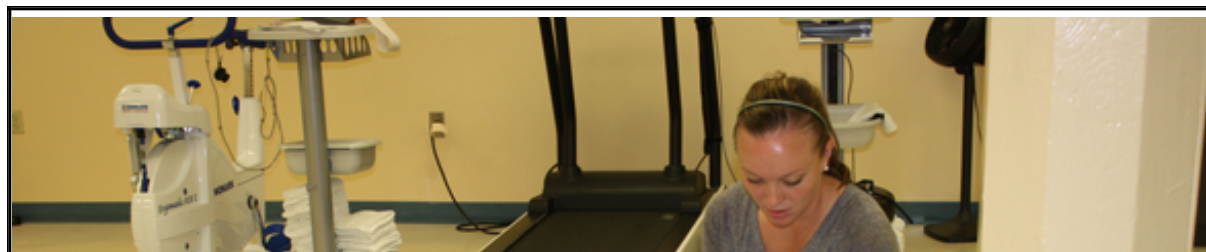
Distance education students have taken advantage of the many services offered by the Army Wellness Center. During the first resident course for the Distance Class of 2015, the center's staff evaluated 122 students in only six days, according to Jennifer Caywood, director of the Carlisle Barracks Wellness Center. And about a third of the Distance Education students who graduated July 25 found their way to AWC assessments – many of them checking their personal wellness progress since last summer's initial assessment during their first resident phase.

***Jennifer Caywood, M.S. adjusts Col. Beverly Beavers' mask which is used to measure oxygen and determine caloric needs.***

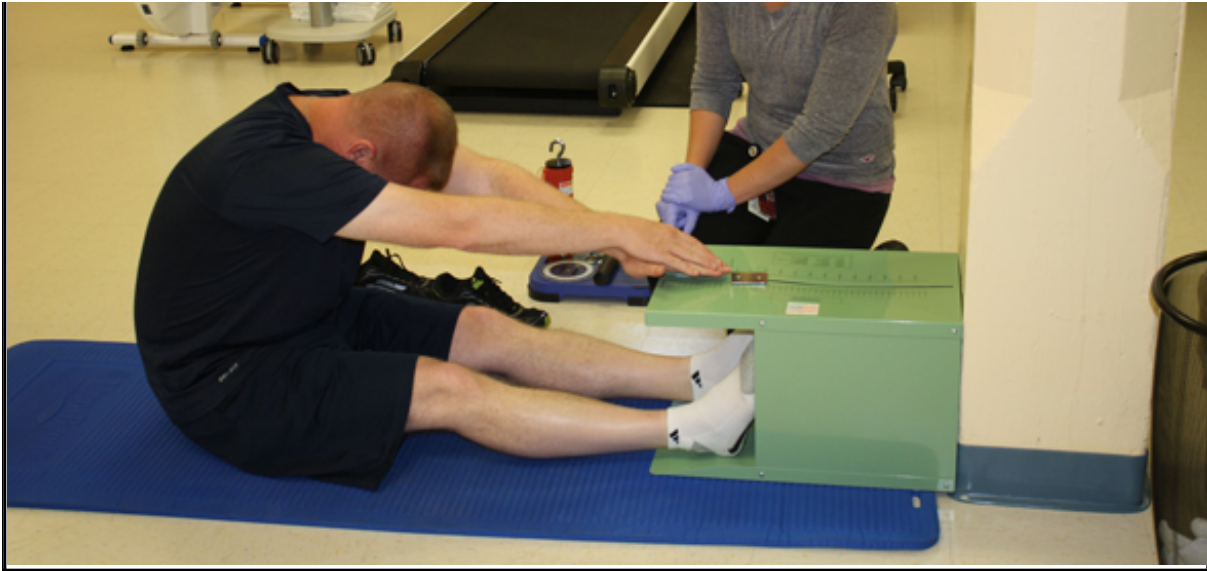
The two-week resident phases provide a change of pace for the Distance Education students who complete the senior service college across a challenging two-year program. Each distance education class consists predominantly of Army Reserve and Army National Guard officers who are balancing a civilian career, family, and military duty that almost always demands more than just two days a month and two weeks a year. These individuals have little time to allocate to all these priorities, and that is what makes the services offered by the Army Wellness Center crucial to them and to the resident students as they advance as senior leaders in the military.

The Army Wellness Center at Carlisle Barracks has been operating nearly two years now with approximately 5,887 individuals seeking testing and advice on how to keep fit physically. It offers easily accessible prevention programs to encourage and sustain healthy lifestyles, manage stress, and improve the overall well-being of all those eligible: Active duty, reserve, National Guard, family members and DoD civilians.

Caywood explained that the Wellness Center uses several methods to evaluate overall health and fitness. It provides a metabolic assessment which uses an oxygen measurement to determine an individual's caloric needs. The Bod Pod measures body composition through air displacement, producing a much more accurate estimation of body fat than the widely-used tape test. The physical fitness assessment uses a treadmill or ergometer, a type of stationary bicycle to measure cardio-respiratory fitness and endurance. Musculoskeletal strength and flexibility tests are also part of this evaluation.



“I wish I had taken the time to get an



evaluation during the first resident course since the program has such a good reputation,” said Lt. Col. Rob Powell, a class of 2014 student who decided to get evaluated this year. Being the commander of the North Capital Region Information Operations Battalion and completing the Army War College through the distance education program means that Powell and many students like him are physically

***Molly Lautenheiser, M.S., Health Educator measures Lt. Col. Rob Powell's flexibility.***

With several half-marathons completed, competing in her first marathon is one of many goals active Army Col. Beverly Beavers, also a second year distance education student, has set for herself. She serves full-time as the Information Technology Strategic Sourcing Analyst for the Component Acquisition Executive at the Defense Health Agency and can attest that to the busy schedule of training for a marathon and completing the Army War College via the distance learning course.

“I took part in the evaluation last year when I was here for the first resident course and I am looking forward to finding out how my fitness level has changed since then,” said Beavers.

The day before graduation, Caywood and her staff provided participants with their results during a briefing that also reviewed tips for improving and maintaining health.

“There are approximately 1640 calories in the typical bucket of movie popcorn with butter,” said Tiffany Waardenburg, a registered dietician and health educator. Even without butter, she told the students that amount of popcorn was still about 1,160 calories.

“Individuals need to be cognizant of the amount of calories they are consuming. Healthy weight management is all about being calibrated with your body, meaning if we do not know where we stand from a caloric perspective achieving our weight-loss/maintenance goals can become a challenge,” said

Caywood. Using apps on smartphones that track calories can offer a turn-key solution to identifying over-or-under eating, she said.

The changes that occurred between the 2013 and 2014 testing for distance students were all positive. All participants improved their Body Mass Index, body fat percentage, and maximum oxygen volume, according to Molly Lautenheiser, a board-certified exercise physiologist with the Wellness Center.

“People need to move more. We spend more than eight hours sitting behind a computer at work,” said Caywood. Planned exercise should incorporate at least 150 minutes of physical activity per week for a healthy heart or at least 250 minutes a week for weight loss, she said.

Using a heart rate monitor during exercise will give an individual an idea of heart rate intensity when training, which will help to train smarter rather than harder. It will also help an individual to train in a safe and progressive manner, said Lautenheiser. She explained that the Army Wellness Center is to help individuals fine tune goals to help reach success.

"I am pleased that my overall results improved since my assessment last year, the program really does help you set goals that can be achieved," said Beavers.

The Wellness Center also offers stress management education using biofeedback along with stress relief techniques, positive coping skills and learning good sleep habits which are all important parts of resiliency. Active duty, reserve, National Guard, family members and DoD civilians can take advantage of the AWC's services. The assessment starts by completing an online health assessment review at <https://www.sft.army.mil/AWC/> and then calling 717-245-4004 to make an appointment.

Representatives from the Wellness Center are available during in-processing to schedule students for appointments. For more information on the Wellness Center at Carlisle Barracks see:

<http://dunham.narmc.amedd.army.mil/armywellnesscenter>

***Shana Blaney, Health Promotion Technician stands next to the 'BodPod' which is used for measuring body composition.***

