

Army Wellness Center focused on helping you get healthy

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Molly Lautzenheiser, a health educator at the Carlisle Barracks Wellness Center, monitors an Army War College student undergoing an assessment. Health assessments are just one of the many programs offered by the center, located at 315 Lovell Ave.

Did you know that you can find all of the tools to help you keep those new year's resolutions to get healthy by visiting the Carlisle Barracks

Army Wellness Center?

Army Wellness Centers complement care of primary care physicians at installation medical treatment facilities, according to the U.S. Army Public Health Command. The centers provide health promotion services and education tailored to meet individual patient needs. Army Wellness Center programs and services are available to all Army personnel. This includes active-duty soldiers and retirees, their family members, DoD civilians, and Reserve/National Guard components.

“We try to take a look at the big picture and how to implement health-based programs for our clients,” said Jennifer Caywood, Carlisle Barracks Wellness Center director. “We talk with them about specific needs and create customized programs for them. We help them set both short and long-term goals that are sustainable over time.”

Located at 315 Lovell Avenue the Center is one of 22 open in the United States and Europe. Working with primary care managers, the staff offers advice on preventive care based on a patient's environmental and genetic risk factors to develop comprehensive care plans, and wellness centers will help patients make healthy lifestyle decisions by providing access to resources through state-of-the-art fitness testing, healthy nutrition advice, stress reduction using biofeedback, fitness programs and health education.

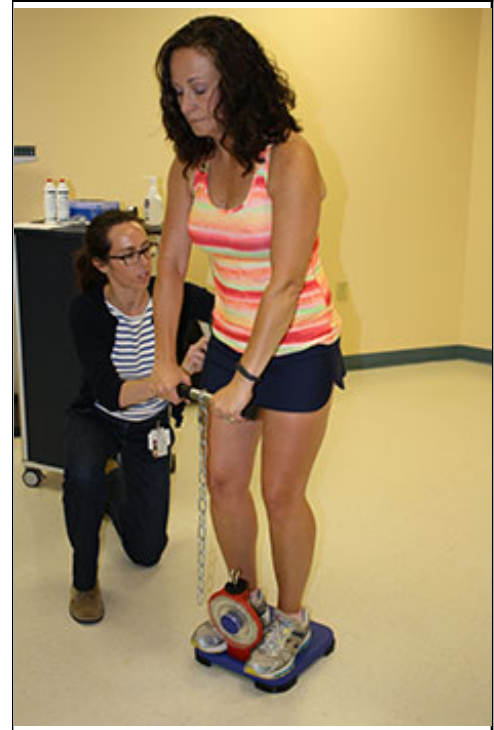
“The entire staff is cross trained to address a wide range of issues,” said Caywood. “We all learn from each other and the benefits are passed onto our clients. Team training is a chance for our team to pull together for professional growth and learn on a deeper level the principles of our core programs. This translates to stronger collaborations between the client and their Health Educator working towards successful outcomes”

Jennifer Caywood, Carlisle Barracks Wellness Center director, conducts a strength test during a recent assessment.

Caywood is a former NCAA Division 1 track athlete at Southeast Missouri State, who was originally introduced to the Army’s fitness programs while serving as an exercise specialist with MWR in Stuttgart, Germany.

“I was able to work with a variety of programs for Soldiers, especially those in the Special Ops community, getting them ready for deployment,” she said. She eventually found her way onto the staff of the AWC at Ft. Bragg, N.C. and came to Carlisle Barracks in 2014.

“This is such a great place to live and work,” she said. “There really is a great sense of community here.”



Special programs for February

As part of American Heart Health Month, free blood pressure screenings and education are available at the center, with no appointment. The staff will also place special signs on heart-healthy foods in the Commissary to help everyone eat healthier.

Available individualized health promotion services include:

- **Health Assessment Review:** Provide a quick analysis of health status and risk for disease to determine if an increase in physical activity is safe.
- **Physical Fitness:** Use advanced technology to assess current fitness levels and generate information to customize exercise programs meeting needs and goals.
- **Health Nutrition:** Conduct metabolic testing to enhance healthy eating by synchronizing resting metabolic rate and providing tailored strategies for weight management.
- **Stress Management:** Conduct biofeedback and education in stress relief techniques, and positive coping skills.
- **General Wellness Education:** Teach healthy lifestyles, increased resiliency, and preventing

chronic disease through healthy living, self-care and creating good sleep habits.

- **Tobacco Education**: Assess readiness to change, discuss options for becoming tobacco-free, and recommend or provide appropriate tobacco cessation education programs.

Meet the staff



Elizabeth (Beth) Murray - RN, M.S., MCHES, BC-HN

Beth has more than twenty-five years of combined experience as a Registered Nurse in clinical, corporate and community health settings. Her career spans the spectrum of health, from the intensive care to population health management.

She graduated in August, 2014 with a Master's Degree in Health Education at Penn State University. She was selected as the 2013-2104 Outstanding Graduate Student in Health Education.

She is a Master Certified Health Education Specialist (MCHES) and Board certified in Holistic Nursing (BC-HN); recognized as a Nursing Specialty by the American Nurses Association.

Her community involvement includes an active member of Community Investment Committee for the Partnership for Better Health, Advisory Council for the ProWellness Center at Penn State Hershey Medical Center, and co-lead for the Central Pennsylvania Chapter of the American Holistic Nurse Association. She enjoys public speaking and has presented at local, state and national conferences on health and wellness related topics.

Beth's interests include participating in Triathlons, reading, gardening and volunteering at Habitat for Humanity.

**Molly Lautzenheiser - M.S., ACSM-RCEP, CrossFit L1T, PHI
Pilates Mat Instructor**



Molly Lautzenheiser has been involved in medically based wellness for the past four years. Her experience includes numerous aspects of research and medically based wellness including diagnostic testing, sports medicine, cardiac rehabilitation, and wellness coaching.



Molly graduated from Ohio University with her Masters of Science degree in Exercise Physiology in August of 2012. She has worked in both clinical and community settings including the Cleveland Clinic and the Wilfred R. Cameron Wellness Center

Molly is a Registered Clinical Exercise Physiologist with the American College of Sports Medicine. She also is a CrossFit Level 1 Trainer, and a PHI Pilates Mat Instructor.

Molly's interests include CrossFit, Obstacle Races, and NPC Figure Competitor.

Tessa Brophy - BA, Exercise Physiology



Tessa is a recent graduate from Washburn University in Topeka, Kansas. While attending school she played volleyball for Washburn. Tessa's passion for fitness began at a young age, but being a collegiate athlete made her more aware of the importance of healthy nutrition and physical activity.

She graduated in August 2014 with her Bachelors in Kinesiology with an emphasis in Exercise Physiology. She is currently preparing to take her Health and Fitness Specialist certification in the beginning of 2015.

Tessa became interested in the Army Wellness Center while she was doing an internship in Kansas at Fort Leavenworth's AWC. As an intern she was able to assess biometrics and assist the Health Educators in their daily operations. Observing how the Educators were making a positive difference in their client's life was how she knew being a Health Educator was what she wanted to pursue. Tessa

also has experience in sports performance training and coaching.

Tessa's interests are participating in and watching sports, spending time with her son, coaching volleyball, and being active.

Tiffany Waardenburg - RD, LDN, ACSM-CPT

Tiffany is a Registered Dietitian with a diverse professional background including culinary arts, nutrition, weight management and exercise.

She graduated magna cum laude from University of Wisconsin-Stout with a Bachelor's degree in Dietetics and with honors from The Culinary Institute of America with an Associate's degree in Culinary Arts. Tiffany is also a member of the Academy of Nutrition and Dietetics and Pennsylvania Dietetics Association. She holds a Certificate of Training in Adult Weight Management to better serve her clients and more recently, has expanded her knowledge of exercise by achieving the ACSM Certified Personal Trainer certification.

Tiffany's work experience spans over several foodservice settings including a Forbes Four-Star, AAA Four-Diamond Award winning hotel and a local, organic-based restaurant. Her time in the culinary field has provided her with a strong knowledge base of a variety of foods, cooking methods and making nutritious, delicious meals for all types of eaters.

In her spare time, Tiffany meal plans and cooks dinner for an after-school ministry at her church and enjoys spending time outdoors with her husband.





Shana Blaney - Health Promotion Technician

Shana has more than ten years of experience working in a physical fitness setting. Her experience ranges from working as a personal trainer's assistant designing and implementing programs to helping manage facility operations.

She graduated with her Bachelors in Health and Physical Education from Marywood University in 2013 and plans on attending graduate school for Counseling in fall of 2015.

Shana's interests and hobbies include participating in ultra-marathons and half-marathons, playing kickball and

softball, and volunteering at church.