

# APFRI Health Day focuses on extending your life

*Thomas Zimmerman, Army War College Public Affairs Office*

## APFRI Health Day focuses on extending your life

Aug. 5, 2009- Good health in the future starts with prevention today. That was the message of this year's Army Physical Fitness Research Institute Health day, held Aug.5 in Bliss Hall.

Health Day is the first entry in a year-long series of educational programs for the joint, interagency and international student body. APFRI links education about health and well-being with leader readiness. Presentations included world-class speakers addressing the latest findings in health promotion and risk factor reduction research. Health Day was open to USAWC students, staff and faculty and their families.

The keynote speaker was Dr. Richard Flanagan, a clinical cardiologist for the Health and Science Center of the University of Colorado.

Flanagan spoke to the class about how to live to 100. He identified the top 10 factors for increasing longevity.

- Low cholesterol/High HDL—the goal is 150/50
- Low blood pressure – 115-120/ 75-80
- Don't use tobacco – it's estimates that each cigarette takes seven minutes off of your life
- Incorporate fish, fruit, and vegetables into your diet. Mediterranean diets are high in all.
- Exercise
- Control your weight – The average American at 45 is 25 pounds overweight, they gain an average of 1 pound per year during the holidays
- Use seatbelts

- Limit alcohol consumption
- Take aspirin – men should take 2 baby aspirin per day, women should take one
- Take a multivitamin

"With changes in your lifestyle you can see real changes in your longevity," he said.

Col. Tom Williams, director of APFRI, spoke to the resident class, telling them that it was important not only to work hard on their studies, but also their physical wellbeing.

"The Army Physical Fitness Research Institute tries each year to bring you, in this first week of class, some strategic perspective on your own fitness for the coming year," said Williams " So that, not only do you reflect on the professional development of the next war college year, but also use this year to kind of reset and get yourself out there to implement these strategic ideas and thoughts and procedures you're going to learn about."

### **APFRI programs**

During Health Day Williams also outlined the APFRI Senior Leader Health and Fitness programs, which include the student assessments. The assessments involve the following:

- Blood tests
- Blood pressure and heart rate tests
- Army tape tests
- Body fat percentage measured by the body composition chamber
- Sit & reach tests
- Leg strength tests
- Stationary bike tests
- Nutritional intake tests

At the outbrief station, the results from each of the assessment stations are compiled and reviewed by an APFRI health care provider. The outbriefer identified individual's strengths and areas where they could improve. Each student receives their results and educational materials to reinforce the importance of their assessment results in terms of cardiovascular disease.

### **Health Day background**

Health Day is an opportunity for students to gain an increased understanding of key preventive medicine and health promotion issues affecting them and their civilian senior leader counterparts. The event provides students with a great opportunity to gain a more strategic perspective on health

promotion. The goal is to energize the student body and encourage them to take full advantage of their Army War College experience by improving their overall readiness and well-being. These presentations include world-class speakers who address the latest findings in health promotion and risk factor reduction research.

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