



Summer Newsletter

Journey to Wellness

2011, Issue 4

Greetings Air Force Families,

We hope this newsletter finds you all of sound mind and body. As always, we would like to thank you all for allowing us to play a role in your lives, and be a part of your support system throughout this trying time. We hope the outreach and support we are providing has been beneficial to you.

Your Summer 2011 Newsletter is titled “Journey to Wellness.” We realize that getting back to a state of normalcy after losing a loved one is indeed a journey, one we would like to help guide you through. Your Spring 2011 Newsletter addressed taking care of your personal wellness; this one will provide specific instructions on how to do so. We are providing a basic beginner’s workout plan, nutrition tips, an emotional freedom technique, and spiritual guidance. We have also listed dates that are special to you in this issue, understanding that those dates will always be important to you as your loved one will.

Please know that we are not attempting to endorse any company, service or product, nor are we trying to impose any beliefs on you. We are simply giving you options to explore as you desire.

You may contact the Family Support Coordinator via telephone or email with comments, suggestions and inputs for future newsletters. We are also open to suggestions for making the Air Force Families Forever Program better for you.

We hope the information provided in this newsletter will serve as a guide on your journey to wellness...

Journey to Fitness

This is a basic beginner's workout plan to get you started on your fitness journey. It is a 4-day workout plan that can be manipulated to fit your schedule, and exercises can be substituted to fit your environment or limitations. If you are not sure about how to perform any of the listed exercises correctly, you can find demonstrations online by typing the name in any of the search engines (GOOGLE, BING etc.) or feel free to contact me. Performing exercises correctly is important for effectiveness, better results, and most of all, SAFETY. Please consult your physician before starting any exercise program. **I've also provided a link below to an at-home-workout for those who would prefer working out in the comfort of home.** Please email or call me with any questions.

Sadiqa Moore, Certified Personal Trainer

Monday: Cardio & Toning

- 5 minute warm-up (cardio machine of choice)
- 10 minute jog on treadmill
- 5 minute cool down on treadmill
- 3 sets of 12 - 15 lat pulldowns (back)
- 3 sets of 12 - 15 Bicep curls machine
- 3 sets of 12 - 15 Triceps extensions machine
- 3 sets of 12 - 15 dumbbell front raises (front deltoids/shoulders)

Wednesday: Cardio & Core

- 5 minute warm-up (cardio machine of choice)
- 3 sets of 15 crunches on stability ball
- 3 sets of planks (hold for 30 seconds)
- 3 sets of 15 bent knee hip raises
- 10 minute Interval training on treadmill
- 5 minute cool down

Friday: Cardio & Lower Body

- 5 minute warm-up (cardio machine of choice)
- 3 sets of 15 squats (thighs, hips, buttocks, hamstrings)
- 3 sets of 15(each leg) forward lunges (thighs, buttocks, hamstrings)
- 3 sets of 15 (each leg) lying abduction or abduction machine (outer thigh, hips)
- 3 sets of 15 leg curls machine (hamstrings)
- 10 minute jog on treadmill
- 5 minute cool down

Saturday: 30 minutes of cardio of choice (brisk walk, jog, swim)

At-Home (No Equipment) Workout

<http://www.acefitness.org/workouts/13/#program>

(copy and paste link into your address bar)

Journey to Healthy Eating

Healthy eating will help maintain healthy weight, increase your energy levels, make you look younger and fresher, and help fight and prevent diseases. Maintaining a healthy diet can improve your overall quality of life. Below are some lunch ideas for those that are always on the move. Often times I find it difficult to eat a healthy meal when my days are full, so McDonald's is it is. Definitely not the best choice!! I recommend you plan your meals according to your schedule. Please consult with your physician before making any diet changes.

Lunch Ideas for Busy People:

You can prepare all of these meals the night before. All you need is a refrigerator for storage or an insulated lunch box to keep the food cool.

- *Mix cooked cheese tortellini with peas; stir in a dressing made from fat-free mayonnaise, mustard, and skim milk; chill well; serve chilled*
- *Marinate sliced cucumber, broccoli pieces, sliced onion, diced tomato, and sliced red or green peppers in honey mustard; serve vegetable/mustard mixture in a whole-grain pita pocket*
- *Mix a can of chicken with low-fat mayonnaise, a diced Granny Smith apple, a small handful of raisins, and a dash of black pepper; serve on a ciabatta roll*
- *Cook 1 C bulgur in 1 C boiling water for 5-10 minutes; mix in cherry tomatoes, diced cucumber, diced onion, a splash of lemon juice, and fresh mint*
- *Mash a can of drained, rinsed chickpeas with a jar of sun-dried tomatoes (drained and chopped) and ½ C low-fat mayonnaise; spread on a whole-wheat tortilla, lined with fresh lettuce leaves; sprinkle part-skim mozzarella cheese on top*
- *Mix cooked long-grain rice, drained and rinsed canned black beans, and salsa together; serve chilled*
- *Combine cooked rotini pasta with cooked chicken breast, an assortment of your favorite vegetables, reduced-fat cheese cubes, and Italian dressing; chill well; serve chilled*
- *Mix your favorite variety of lettuce with chopped red onion, black or green olives, and feta cheese; drizzle with olive oil and red wine vinegar; serve in a whole-wheat pita*
- *Mix cooked pasta with canned salmon and baby tomatoes; drizzle with a basic vinaigrette or low-fat Italian dressing*
- *Mix Neuchâtel cheese and drained roasted red peppers together; spread on whole-wheat crackers; top with smoked turkey breast*

More healthy eating ideas can be found at : www.rd411.com and <http://www.choosemyplate.gov/>

Meal plan and websites approved by Amber Summers, MHS, Registered Dietician

Journey to Emotional Wellness



After losing someone we love, we are more susceptible to negative emotions and unhealthy habits, it is important to find ways to guard yourself against this. There are many techniques used by mental health professionals that can help you through difficult moments. Emotional Freedom Technique (EFT) is one of many.

EFT is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the head and chest while you think about your specific problem - whether it is a traumatic event, an addiction, pain, etc. -- and voice positive affirmations. Please view website below for instructions on how to perform EFT and facts about the technique.

<http://eft.mercola.com/>

Here's a brief introduction to the tapping points: (Tapping should be done in this exact order)

- 1. Top of the Head (TH) - With fingers back-to-back down the center of the skull**
- 2. Eyebrow (EB) - Just above and to one side of the nose, at the beginning of the eyebrow**
- 3. Side of the Eye (SE) - On the bone bordering the outside corner of the eye**
- 4. Under the Eye (UE) - On the bone under an eye about 1 inch below your pupil**
- 5. Under the Nose (UN) - On the small area between the bottom of your nose and the top of your upper lip**
- 6. Chin (Ch) - Midway between the point of your chin and the bottom of your lip.**
- 7. Collar Bone (CB) - The junction where the breastbone, collarbone and the first rib meet (illustration provided on website)**
- 8. Under the Arm (UA) - On the side of the body, at a point even with the nipple (men) or in the middle of the bra strap (women). (approx. 4 inches below the armpit)**
- 9. Wrists (WR) - The last point is the inside of both wrists**

Journey to Spirituality

Spirituality, A Chaplain's Perspective *Richard Dunbar*

When it comes to spirituality, as a Christian, I immediately think of three things: prayer, worship, and trusting in God's Word. Prayer comes first because this is how we communicate with God and keep our relationship with him strong and vibrant. Through the power of prayer, humans have the ability to release their worries and weaknesses to God who is more than strong enough to carry any load. God makes it clear to us through his word in the gospel of Matthew that this is so. "Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest. For the yoke I will give you is easy, and the load I will put on you is light." (Matthew Ch. 11, verses 28-30) For Christians, true peace can only come through Jesus Christ. Pray to him and he will make your burdens light. As an Air Force Chaplain, I have the utmost respect for all faiths and believe prayer is a crucial discipline that helps to connect humans to the Holy.

Consistent worship is also an important part of spirituality. This becomes our opportunity to praise and give thanks to God for all the great things he has done. God's word speaks to the importance of worship in Psalms 150, verses 1-2. "Praise the Lord! Praise God in his temple! Praise his strength in heaven! Praise him for the mighty things he has done. Praise his supreme greatness." Our God truly is an awesome God and worthy to be praised! Air Force Chaplains of today work diligently to provide a safe place for all service members to worship freely. These services help to provide hope and individual inspiration for the entire force.

Reading and trusting in God's Word makes up the third component of a solid spirituality. Psalm 119 states clearly the importance of knowing God's Word. "I have hidden your word in my heart that I might not sin against you." (Psalm 119 v. 11) God's word makes it clear that sin separates us from God. Studying God's Word and hiding his words in our hearts will give us the strength and wisdom we will need to fight our daily battles against sin. Prayer, worship, and the study of God's Word are the powerful components of a strong spirituality. As Christians, when we do these things consistently we will draw closer in our relationship to Jesus Christ and it is in this relationship that we will find true peace! Knowing your own individual faith's sacred texts and studying them daily can help each of us stay connected to the Holy. Whatever your faith may be, it takes hard work in the areas of prayer, worship, and study to build a strong spirituality that will withstand the test of time. My wish for all is peace as we struggle together in an effort to stay connected to the Holy.

Grace and peace to all who read these words, may the path you walk be blessed and always lead you to the Holy. Blessings, Chaplain Richard Dunbar, U.S. Air Force

Special Dates Remembered

The staff here at the Families of the Fallen Support Branch/Air Force Families Forever Program would like to acknowledge those dates that are special to you and your Airmen. Thank you for sharing with us what's special to you...



Happy Birthday:

Corey Donato - 11 May

Dan Johnson - 20 June

Joel Gentz - 9 July

Kianna Giselle Rosario - 9 July

Ryan Matthews - 17 July

Jeremy W. Beck - 25 July

Darnell E. Breeden - 13 August

Congratulations to Alexander Butta & Jennifer Van Dyke on your engagement. Maris would have been proud...



Happy Anniversary:

Jeff & Rachael Hill - 3 June

Dan & Kristen Johnson - 5 June

Joel & Kathryn Gentz - 7 June

Ray & Tia Briggs - 31 July

Support Center

Note: These resources provide additional information that may be useful or interesting and are provided consistent with the intended purpose of the Air Force Families Forever Program Newsletter. However, Air Force Families Forever Program cannot attest to the accuracy of information provided by these resources or any other linked resources. Air Force Families Forever Program providing resources does not constitute an endorsement by our program or any of the sponsors of the resources or the information presented.

<http://webpages.charter.net/ps4fs/Shawls/>

Access the above website if you would like to request a prayer shawl. The prayer shawls are handmade for the families of fallen troops. They are designed to provide comfort to family members throughout their grieving.

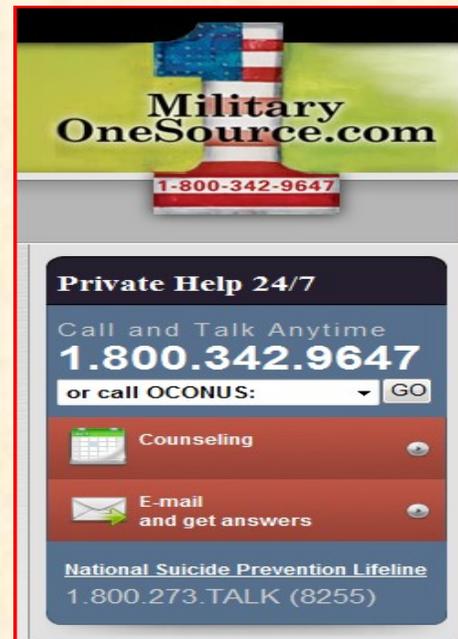


The Compassionate Friends, Inc.
Toll-free: 877-969-0010
PH: 630-990-0010
Website: www.compassionatefriends.org

Local chapters in your area



<http://www.usajobs.com/>



<http://www.americanwidowproject.org/>



Support Center cont.

Note: These resources provide additional information that may be useful or interesting and are provided consistent with the intended purpose of the Air Force Families Forever Program Newsletter. However, Air Force Families Forever Program cannot attest to the accuracy of information provided by these resources or any other linked resources. Air Force Families Forever Program providing resources does not constitute an endorsement by our program or any of the sponsors of the resources or the information presented.



www.taps.org

Scholarship Links

www.afcrossroads.com

www.military.com

www.militaryscholar.org

www.finaid.org

www.afsahq.org

www.fastweb.com



<http://www.careeronestop.org/>



Air Force Families Forever Program

“Ensuring that the families of our fallen Airmen are never forgotten by providing immediate and long-term compassionate support.”

Contact Information:

**Sadiqa Moore, Family Support Coordinator,
Air Force Families Forever Program
302-677-2393
sadiqa.moore@us.af.mil**

Mailing Address:

**116 Purple Heart Drive
Dover AFB, DE 19902**