



## Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

[www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm](http://www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm)

### Get In Condition



Health and safety go hand in hand. A sound mind, heart and body enable you to think, concentrate and react safely to protect yourself against injuries and illnesses. Special effort is required to "shape up." It demands only a slight adjustment to your present lifestyle, but the rewards are worth the effort you are willing to contribute.

Exercise is one of the important factors in maintaining your health and well-being. This physical conditioning can help improve your performance on the job.

It isn't necessary to build the kinds of muscles that body-builders strive for.

Daily exertion improves muscle tone, aids in circulation and strengthens the cardiopulmonary system.

But before you begin any regular exercise program, consult your physician.

Any physical activity engaged in regularly not only trims off pounds but also helps you feel better and be more alert, aiding in the performance of your job and reducing the chances for illnesses and injuries.

Fifteen minutes of simple exercise each day can be the start that you need to get yourself in shape.

The purpose of this type of exercise is to maintain the elasticity in existing muscles in order to keep them functioning. What are some of these exercises that you could perform? How about neck rolls, running in place, sit-ups, leg lifts and pelvic tilts?

Remember to start slowly and perform only as many individual exercises as you feel comfortable doing. Increase the number as you begin to feel stronger. The next area of concern for keeping in good condition is weight control - eating the proper foods in the right proportions. Proper nutrition is an important part of conditioning the body against injuries and illnesses.

<b>NUMBER OF CALORIES USED BY A 150-POUND PERSON IN ONE HOUR</b>	
Walking or bicycling	210
Table Tennis	360
Golf	250
Ice Skating	400
Bowling or pushing lawn mower	270
Tennis	420
Swimming	300
Water Skiing	600
Badminton, horseback riding, square dancing, volleyball	350
Snow skiing or hand bal	840
Running or rowing	900

Food is probably one of the favorite topics of conversation among Americans today, but also one of the most confusing in terms of health concerns. A combination of fats, proteins, carbohydrates, and vitamins and minerals is needed for a balanced diet.

The combination of a balanced diet and regular physical exercise not only helps you look better but also gives you added confidence in yourself: if you look better, you'll feel better.