



Wellness 360 Program Guide for Participants 2022

Wellness 360 registration counts toward the Director's Wellness Trophy Competition



Contents:

- Schedule of Events – Page 2
- Registration Instructions – Page 3
- Class Descriptions – Page 4, 5, 6
- Healthy Happy Hour Recipes, Additional Resource Tiles – Page 7
- Meet the Presenters– Page 8
- Six Dimensions of Wellness- Page 11



Schedule of Events

Please note: you will find the event behind the title indicated in **red**

Monday, October 17, 2022

11:00am-11:45am EST	Keeping Macros Simple Part 1: Introducing Macros and Macro Tracking (Physical)
12:00pm-12:30pm EST	Fitness Class: Yoga (Physical)
12:00pm-12:30pm EST	On Demand: Meditation Monday – Body Scan (Spiritual)
12:45pm-1:45pm EST	Motivation Monday: Motivation Alliance Orientation (Physical)

Tuesday, October 18, 2022

11:00am-11:45am EST	Keeping Macros Simple Part 2: Food as Energy and the Importance of Calories (Physical)
12:00pm-12:30pm EST	Fitness Class: Body Sculpt (Physical)
12:00pm-12:30pm EST	On Demand: Stretch Break – Face and Neck (Spiritual)
12:45pm-1:45pm EST	Building a Vision Board and Achieving Your Goals (Intellectual)

Wednesday, October 19, 2022

11:00am-11:45am EST	Keeping Macros Simple Part 3: Protein is Primary (Physical)
12:00pm-12:30pm EST	Fitness Class: Core Without the Floor (Physical)
12:00pm-12:30pm EST	On Demand: Meditation Wednesday – Belly Breathing (Spiritual)
12:45pm-1:45pm EST	Wellness Wednesday: EAP Orientation (Emotional)

Thursday, October 20, 2022

11:00am-11:45am EST	Keeping Macros Simple Part 4: Confusing Carbohydrates (Physical)
12:00pm-12:30pm EST	Fitness Class: Power Step (Physical)
12:00pm-12:30pm EST	On Demand: Stretch Break – Standing (Spiritual)
12:45pm-1:45pm EST	Behavior Change – How to Make Goals and Stick with Them (Intellectual)

Friday, October 21, 2022

11:00am-11:45am EST	Keeping Macros Simple Part 5: Finally, the Fats (Physical)
12:00pm-12:30pm EST	Fitness Class: Soul Line Dancing with Charita (Physical)
12:00pm-12:30pm EST	On Demand: Meditation Friday – Gratitude (Spiritual)
12:45pm-1:45pm EST	Healthy Happy Hour (Social)

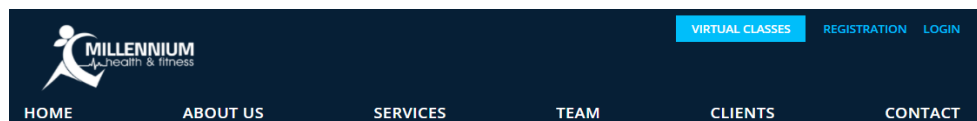


*A description of each class can be found on page 4.



How to Register for DFAS Wellness 360:

1. Go to: [Registration link available on October 3rd](#)
2. Enter your information and click on the “Register” button.
 - *NOTE: Once you register you will have access to the Wellness 360 landing page only. Full access to the sessions will be available starting Monday, October 17th, 2022.*



First Name

Last Name

Work E-mail Address

Password

Location



Click on the gray “Login” button if you have **already** registered for the event.

During the event, simply access the DFAS Wellness 360 webpage. Each event is listed under a Dimension of Wellness indicated in **red** above on the schedule of events (i.e. Keeping Macros Simple – **Physical**). Click on the Dimension of Wellness tile corresponding to the event you would like to attend. Then click on the link or copy and paste the link for the event into your browser.

We look forward to seeing you at the health fair!





Class Descriptions

Monday, October 17, 2022:

Keeping Macros Simple Part 1: Introducing Macros and Macro Tracking

During the first session of Keeping Macros Simple, we will define macros and how they can be used to help you meet your goals. Review the differences between macro tracking and restrictive dieting. Explore options for tracking your macros and tips to make tracking easier. Your Goal: Build the habit of tracking by starting with a water/hydration goal.

Fitness Class: Yoga instructed by Susan

In this class, the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement.

On Demand: Meditation Monday: Body Scan

If you are like many people, you probably feel as if you live more in your head than in your body. Through a body scan meditation, you can begin to understand how stress and anxiety can affect you and your body and learn how to live better — even when you are experiencing illness or physical pain. The body scan brings attention to different parts of the body, beginning with the feet and ending at the top of the head.

Motivation Monday: Motivation Alliance Orientation

Join us to learn more about Motivation Alliance! Motivation Alliance is a health and wellness platform at no cost to the DFAS workforce. It is an empowerment tool for you to take control of your future health by leveraging the resources and tools available.

Tuesday, October 18, 2022:

Keeping Macros Simple Part 2: Food as Energy and the Importance of Calories

During the second session of Keeping Macros Simple, we will define calories and how they can impact your metabolism. Estimate your body's needs for calories. Explore how to listen to your body for cues you need to adjust your calorie target. Determine your meal timing preference for stable energy levels. Review ways to adjust your food choices to increase or decrease your total calories. Your Goal: Begin tracking calories for information only. This means you track without making changes to your typical choices to see how close you are to your estimated target.

Fitness Class: Body Sculpt

This class focuses on strengthening all major muscle groups using body weight and equipment you can find at home including soup cans, water jugs and other household items!

Stretch Break: OnDemand - Face and Neck

We know daily stretching promotes flexibility and range of motion about the joint and can promote strength. But did you know other factors can influence chronically tight muscles? Genetics may play a role if you have chronically tight muscles or are perhaps too flexible about a joint. If you find you have an area (s) of chronic tightness even after stretching, compression foam rolling, and mind body movements, you may have a genetic propensity toward increased muscle tone. Drinking enough water is another variable people don't often think about as a factor that can cause





tight muscles. Water helps lubricate the joints, remove waste, and provide nutrients for muscle contractions. Staying hydrated optimizes the muscles' ability to contract, clear waste, and move within a full range of motion. Chronic stress is one of the factors most often cited as causing chronic muscle tightness. Chronic stress can be exhibited in various parts of the body depending on the source of the stress and how one responds.

Building a Vision Board and Achieving Your Goals

This class will cover all things vision board! We will define vision board, talk about its purpose, address some obstacles that may be in your way of creating one, put a vision board together, and finally talk about believing in your vision board! Supplies you will need: magazines, internet images, newspaper pictures, scissors, and tape/glue.

Wednesday, October 19, 2022:

Keeping Macros Simple Part 3: Protein is Primary

During the third session of Keeping Macros Simple, we will explore the facts about protein's role in your body, with muscle building, and for weight management. Estimate your body's needs for protein. Review ways to adjust your food choices to increase or decrease your protein intake and maximize absorption. Your Goal: Add tracking protein for information only. Adjust foods choices to move towards your calorie target.

Fitness Class: Core Without the Floor

Strengthening the core can be done in many ways and doesn't require lying down. There are plenty of standing and sitting exercises that can help build a strong and stable core. This class builds a strong core by working the muscles of the abdomen, hips, and legs. No equipment necessary

On Demand: Meditation Wednesday – Belly Breathing

Belly breathing can go by a number of different names, including diaphragmatic breathing, abdominal breathing, deep breathing, or paced respiration. They all refer to the same thing, which is to breathe more deeply into your belly. Breathing this way is proven to increase oxygen to the body, decrease your heart rate and blood pressure, promote relaxation, and stimulate the immune system.

Wellness Wednesday: EAP Orientation

The juggles of life are real! The EAP is here to help employees become aware of how they are doing and improve areas of their lives. The EAP has a community of experts to support employees confidentially, plus perks and digital resources to help with Work-Life juggles and struggles. The program offers employees and their household members a variety of resources, tools and services to make life a little easier. In this training, employees will learn the details of their EAP benefits, how to use them and different methods of access.

Thursday, October 20, 2022:

Keeping Macros Simple Part 4: Confusing Carbohydrates

During the fourth session of Keeping Macros Simple, we will explore the facts about carbohydrate's role in your body and with weight management. Estimate your body's needs for carbohydrates. Explore the importance of having a long-term perspective with your carbohydrate target. Review ways to adjust your food choices to increase or decrease your carbohydrate intake. Your Goal: Add tracking carbohydrates for information only. Adjust food choices to move towards your calorie and protein targets.





Fitness Class: Power Step

Power Step will push your cardio edge into high gear and attack the legs in every plane of motion. This incredible 30 minute to 60-minute workout features a up to 12-track class design catering to all fitness levels.

On Demand: Stretch Break – Standing

Sitting for extended periods of time has an overall negative effect on the body and muscle balance. Physically the body becomes tight and stiff creating negative tension often contributing to long-term pain in the lower back, neck and shoulders, and wrists. The phrase “form follows function” is often on display because of too much time sitting at a desk leads to a forward posture, rounded shoulders and over lengthening of the rotator cuff, spinal compression and a tightened core. This forward posture leads to an increased potential for injury to the rotator cuff, low back, and hamstrings.

Physiologically, sitting at the desk for long periods of time can result in decreased blood flow and nerve compression. Stretch breaks help increase blood flow and circulation to the muscles and tissues improving elasticity and range of motion and reducing overall muscle fatigue. Stretch breaks also decrease nerve compression and alleviate discomfort and pain by lengthening the spine and realigning your posture.

Behavior Change: How to Make Goals & Stick with Them

There are many benefits to setting goals. Goals direct your focus and attention. They help you remain persistent in the face of adversity. They increase your self-confidence and help you develop problem-solving strategies. The bottom line is that when you set effective goals, they can help you perform to your potential. But, do you ever struggle with sticking to your goals? In this class we’ll discuss the difference between making resolutions and making goals, how to create healthy habits and stay motivated, and learn several tips and tactics to move those goals from precontemplation/contemplation to action and maintenance!

Friday, October 21, 2022:

Keeping Macros Simple Part 5: Finally, the Fats

During the fifth session of Keeping Macros Simple, we will explore the facts about the role of dietary fats in your body and with weight management. Estimate your body's needs for dietary fats. Review ways to adjust food choices to increase or decrease your dietary fat intake. Revisit the purpose of macro tracking and ensuring you keep your metabolism at its best. Your Goal: Add tracking fats for information only. Adjust foods choices to move towards your calorie, protein, and carbohydrate targets.

Fitness Class: Soul Line Dancing

No knowledge of line dancing is needed to participate. All dances will be taught step by step at your own pace during the session. Similar to country line dancing, soul line dancing includes choreographed, repetitive dance moves that are done without a partner. The Electric Slide and The Wobble are classic examples. The "soul" part comes from the music used - hip hop, soul, and contemporary hits.

On Demand: Meditation Friday – Gratitude

Gratitude is the appreciation of what is valuable and meaningful to you. It is also a general state of thankfulness and appreciation. Studies show that practicing gratitude daily can help you maintain a more positive mood, sleep better, improve your relationships, decrease your



stress, and increase your overall satisfaction in life. It allows you to be aware of and appreciate all that you have.

Healthy Happy Hour

Join us for a 60 minute healthy, happy hour! We will take you through a 15 minute trivia session, a fun wellness themed scavenger hunt, and end with a live demonstration on how to make healthy refreshing beverages! There will also be fun giveaways! NOTE: you must be in attendance to win! If you plan on making a healthy drink with us, you may want to check out the recipes before the event:

<https://mindfulmocktail.com/fall-mocktails-apple-ginger/>

<https://www.wifemamafoodie.com/blueberry-lavender-fauxito-2/>



Additional Resource Tiles

(In addition to below, all the Wellness 360 rooms include helpful resource links tailored to each dimension of wellness.)

Healthy Happy Hour Raffle : Enter your name for a chance to win a wellness giveaway at Friday's event. Must be present to win.

30 Days of Gratitude: Learn more about the annual DFAS 30 Days of Gratitude Challenge and sign up for the 2022 challenge.

DFAS On Demand Fitness Library: Find the online on demand fitness library where you can access a plethora of fitness classes whenever you please!

Meet the Presenters

Keeping Macros Simple Series

Alexia Lewis, MS, RD, LD/N, ACE-CHC, ACE-CPT

Alexia Lewis, RD, MS, RD, LD/N, ACE-CHC, ACE-CPT will be leading this insightful discussion. Alexia Lewis believes life is better with science, humor, and delicious food. She survived a heart attack at 37 years old. Afterwards, she remembers the fear she had that choosing the wrong foods would put her right back in the hospital. She found herself too worried to eat out, too critical of convenience foods, and unable to cook a proper meal at home.

She navigated this confusing and scary time in her life with knowledge. She went back to school and is now a registered dietitian, culinary nutritionist, certified health coach, and weight management specialist. Alexia has coached hundreds of people to improve their health, weight, and confidence through her business and in her roles as a university dietitian and a health coach for private companies. Alexia has also developed two curriculums on healthy living and weight management, taught undergraduate nutrition classes, and has been featured on television and in print media. Since 2010, she has led over 75 presentations, groups, and workshops for multiple audiences.

Today, she specializes in culinary nutrition for people with chronic health conditions and her mission is keeping healthy simple. Her hope for you is that you can stop worrying about food and become more confident in your kitchen.



Motivation Monday: Motivation Alliance Orientation

Behavior Change Theory: How to Set Goals and Stick with Them

Kelsey Fogler, CHES

Since 2016, Kelsey has served as Health Promotion Coordinator for Millennium Health and Fitness supporting DFAS. Kelsey has her Bachelor of Science in Public Health from Purdue University and is a Certified Health Education Specialist.





Building a Vision Board and Achieving Your Goals

Leighanne Gerstbrein, MA, ACSM -CEP

Leighanne serves as the Health Promotion Program Manager for the Military Sealift Command. She was instrumental in launching the Military Sealift Command's (MSC) first-of-its kind multi-faceted Health and Wellness program to develop and implement health promotion programming targeting the civilian mariners and MSC population. Leighanne also provides health coaching for DFAS employees under the DFAS Wellness Program. She has her Master's in Public Health from the University of Alabama, her Certified Health Education Specialist certification and is an ACSM Clinical Exercise Physiologist.



Wellness Wednesday: EAP Orientation

Shayla Jones, MSL, PHR

Since 2015, Shayla Jones has served as the DFAS Work-Life Program Manager overseeing Workplace Wellness, EAP Administration, and Telework Policy. She has a Bachelor's degree in Sociology and a Master's degree in Leadership. She is a certified professional in human resources (PHR) and holds a worksite wellness program manager (WWPM) certificate. Shayla is passionate about employee well-being, and the positive impact it can make on organizations.





Healthy Happy Hour

Melita Jovel, MS

As a NASM Certified Personal Trainer, NASM Fitness Nutrition Specialist, Cooper Trained Health Coach, and AFAA group exercise instructor, Melita Jovel originally started at MHF as a Specialty Class Instructor, eventually coming on board full-time as a Wellness Fitness Specialist. She then went on to work as a Health Promotion Coordinator under the VA WIN program, managing health promotion programs at several VA sites around the Washington, DC Metropolitan area. She eventually found her way back to working closely with fitness centers again as an Operations Manager overseeing 15 government sites nationwide. After a brief work hiatus following the birth of her son, Melita is excited to return to her role with MEI as an Operations Manager for DoD wellness and fitness contracts.



Kathleen Zumbar, MS, CSCS, NSCA-CPT, CET

Kathleen currently serves as Operations Manager for Millennium Health and Fitness Virtual Services and WHS DoD programs. She has been in the health and fitness industry for over 30 years serving in various roles, overseeing a variety of programs ranging from wellness/fitness centers, staff development, health promotion, group exercise, and clinical occupational health business development. Kathleen has led and presented for various state and local level programs, worked with professional athletes and teams in strength and conditioning, and provided cancer exercise and aqua rehabilitation strength and conditioning classes, but her greatest satisfaction comes from creating wellness programs and watching them take on a life of their own!



The Six Dimensions of Wellness Model

Developed by Dr. Bill Hettler, co-founder of the National Wellness Institute (NWI), this interdependent model, commonly referred to as the Six Dimensions of Wellness, provides the categories from which NWI derives its resources and services.



OCCUPATIONAL The occupational dimension recognizes personal satisfaction and enrichment in one's life through work.

Occupational wellness follows these tenets:

1. It is better to choose a career which is consistent with our personal values, interests, and beliefs than to select one that is unrewarding to us.
2. It is better to develop functional, transferable skills through structured involvement opportunities than to remain inactive and uninvolved.

PHYSICAL The physical dimension recognizes the need for regular physical activity. Physical development encourages learning about diet and nutrition while discouraging the use of tobacco, drugs, and excessive alcohol consumption.

Physical wellness follows these tenets:

- It is better to consume foods and beverages that enhance good health rather than those which impair it.
- It is better to be physically fit than out of shape.

SOCIAL The social dimension encourages contributing to one's environment and community. It emphasizes the interdependence between others and nature.

Social wellness follows these tenets:

- It is better to contribute to the common welfare of our community than to think only of ourselves.
- It is better to live in harmony with others and our environment than to live in conflict with them.

INTELLECTUAL The intellectual dimension recognizes one's creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing his or her gifts with others.

Intellectual wellness follows these tenets:

- It is better to stretch and challenge our minds with intellectual and creative pursuits than to become self-satisfied and unproductive.
- It is better to identify potential problems and choose appropriate courses of action based on available information than to wait, worry, and contend with major concerns later.

SPIRITUAL The spiritual dimension recognizes our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe.

Spiritual wellness follows these tenets:

- It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
- It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.

EMOTIONAL The emotional dimension recognizes awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about one's self and life.

Emotional wellness follows these tenets:

- It is better to be aware of and accept our feelings than to deny them.
- It is better to be optimistic in our approach to life than pessimistic.