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A newsletter **for** junior officers **by** junior officers

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## Junior Officer Spotlight: LCDR Kwang Kim

**Officer:** LCDR Kwang Kim

**Category:** Dietitian

**Education:** M.S. in Nutritional Sciences, 1999 and B.S. in Health and Sports Science, 1997, both from University of Oklahoma.

**Hometown:** Moore, Oklahoma

**Agency:** Indian Health Service



**Current Assignment and Duties:** Supervisory Dietitian, Department Head of Nutrition Services, Kayenta Health Center, Indian Health Service, Kayenta, AZ (Navajo Nation).

**Previous Assignment(s):** None. However, prior service with U.S. Navy at National Naval Medical Center in Bethesda, Maryland and DiLorenzo TRICARE Health Clinic located inside the Pentagon at Washington, D.C.

**How did you find out about the PHS?** From fellow dietitians who completed their inter-service transfer from U.S. Navy to PHS.

**What was the most challenging part of applying for the PHS?** Time! It took about 9 months for me to complete my application form and find a job despite having continuous help from a PHS Commissioned Officer, while it only took about a month to join the U.S. Navy.

**What are your goals with the PHS?** Assimilation into the Regular Corps once eligible and serve at least 30 years including my prior service time.

**What is your most memorable PHS experience so far?** My most memorable PHS experience has to be being selected for the Junior Officer of the Year by JOAG this year and having the chance to attend our annual USPHS Scientific and Training Symposium, which I highly recommend to all officers.

**What advice would you give to prospective PHS applicants (or other Junior Officers)?** Two things: Networking and mentorship. Network, get to know each other, and stay in contact. Find a mentor, preferably within the same category but any officer will do, or become a mentor. I was lucky to have my category assign me a mentor shortly upon joining the Corps. To return the favor, I volunteered my services as a mentor with multiple organizations. If you can't find a mentor of your own please let me know. With networking, I'll either help you find one or become one. It's the least I can do. Email: [Kwang.Kim@ihs.hhs.gov](mailto:Kwang.Kim@ihs.hhs.gov)

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## Uniform Corner: The Navy Uniform Sweater

Contributed by: LT Leslie Cartmill

- Effective January 1, 2009, the Army cardigan and Army sweater are no longer authorized for wear (POM 08-001). The black U.S. Navy pullover sweater is currently the only sweater approved and is available in both acrylic and wool weaves.
- A black leather nametag with Velcro backing (2" x 4") is required for wear on the sweater.
  - The black leather nametag is a special order item that is available at a local Navy Exchange. It may also be ordered on line at [https://www.nexnet.nexweb.org/pls/nexauth/wg\\_select\\_speed](https://www.nexnet.nexweb.org/pls/nexauth/wg_select_speed) or by phone through the Navy Exchange Uniform Support Center (1-800-368-4088). Although the name tag can now be ordered, time until delivery may be up to three weeks or longer due to its special order status.
  - The nametag is printed with gold lettering in all capital letters.
  - The officer may choose either of the following name options, centered in the middle of the nametag:
    - First initial of the first name followed by a period, first initial of the middle name followed by a period, and full last name (e.g., J.A. Smith) **OR**
    - Full first or full middle name and full last name (e.g. John Smith)
  - The officer's rank abbreviation (e.g. LTJG, LT, LCDR) is placed in the left (proximal) corner.
  - "USPHS" is placed in the right (distal) corner.
  - Only one authorized skill badge may be printed on the nametag, centered at the top.
- Metal ranks, badges, and insignia are not authorized for wear on the sweater.
- Soft shoulder boards are required.
- The shirt collar is worn inside the sweater when a tie is worn and outside the sweater when no tie is worn.

Photograph of the Black Leather Nametag is shown here without an optional skill badge, such as the Field Medical Readiness Badge.



*In addition to being the recurring author of the "Uniform Corner", LT Cartmill is also JOAG's voting representative on the Uniform Advisory Committee. Please send any ideas for future "Uniform Corner" columns to LT Leslie Cartmill at [leslie.cartmill@fda.hhs.gov](mailto:leslie.cartmill@fda.hhs.gov).*

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## **JOAG Welcomes 47 Newly Commissioned Officers!**

Contributed by: LCDR Hawyee Yan on behalf of the Welcoming Committee

### **BOP**

LTJG Yah Eshun  
LT Lathesha Holt  
LTJG Levon Overton  
LT Orlando Rodriguez-Flores  
LTJG Erica Porter  
LCDR Patricia Earle

### **CDC**

LT Sherene Cora  
LTJG Shaun Fernando  
LT Charlene Majersky  
LTJG Cory Moore

### **DHS**

LTJG Richard Archuleta  
LT Kevin Stump

### **DOD**

LCDR Kay Beaulieu  
LCDR Javier Muniz  
LT Heather Silvio

### **FDA**

LCDR Vandna Kishore  
LT Diana Solana-Sodeinde  
LT Lynn Braddock  
LTJG Ramses Diaz-Vargas  
LTJG Lauren Shade  
LCDR Renee Shibukawa-Kent  
ENS Saomony Cheam  
LT Irina Gaberman  
LCDR Yoon Kong

### **HRSA**

LT Bryna Grant

### **IHS**

LT Isaac Bell  
LT John Bettler  
LT Arnell Gish  
LCDR Mylene Santulan  
LTJG Kelli Wilson  
LCDR Hsin Yao  
LT Khanh Tran  
LTJG Christopher Fehrman  
LTJG John Hansen  
LT Bic Nguyen  
LT Brian Bunn  
LT Melissa Madrona

### **NIH**

LTJG Amanda Heath  
LT Karen Livornese  
LT Janet Valdez

### **OS**

LTJG Joyce Davis  
LTJG Andrew Okolo  
LT Scott Henderson

### **PSC**

LT David Wright  
ENS Samuel Imbriale

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## How to Get Involved With Recruitment: The Alumni Contacts Program

Contributed by LT Robin Toblin on behalf of the Recruitment & Retention Committee

JOAG's Recruitment and Retention (R&R) Committee has now made it easy for every officer to recruit for the PHS at their alma maters. The Alumni Contacts Program was created in July 2008 by the Recruitment and Retention Committee through the Alumni Contacts Workgroup. After gaining support from the Division of Commissioned Corps Recruitment (DCCR), they recommended that the program be launched as a pilot program for Junior Officers (JOs). The aim of this program is to inform students and staff at their alma mater about the benefits of being in the Commissioned Corps. One personal email from a Corps officer may prompt a student to learn about or look more closely at PHS.

So far, the workgroup has created templates for a letter or email that includes a general Corps overview and category-specific information. These templates are currently pending review and approval by the JOAG Executive Committee and DCCR. The workgroup has created a helpful list of departments and contacts that officers could consider when contacting their school. Additional tools include a way to log all contacts to prevent duplication of effort from multiple officers.

The R&R Committee has proposed that we start the program as a pilot effort for DCCR using JOs as the first participants. We will be tracking the Program's usage and compiling lessons learned for a report that will be provided to DCCR.

How do you participate? Once templates are approved:

1. *Check the logbook*, which will be updated weekly on the JOAG website, to see if the groups you want to contact have already been contacted in that semester by someone else.
2. *Download the template* that fits the department you would like to contact (i.e., the general template to reach the university's career services office, the Pharmacist template for the School of Pharmacy's student body listserve). Not all contacts will be category specific.
3. *Personalize the first paragraph* so that it is specific to your association with the school and your current role with PHS.
4. Find the contact for the group you are trying to reach, and *email or mail the letter to the group*.
5. *Tell the Workgroup about the contact* so that we can add it to the logbook.

We'd love for officers to contact their undergraduate and graduate programs, and if you're really excited, you can contact the other departments at your school as well because you'll still be sharing the same school spirit of your alma mater!

Be on the lookout for more details on this program in the next couple of months!

*LT Toblin serves as chair of the Alumni Contact Workgroup, which is part of the JOAG Recruitment and Retention Committee.*

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## The Montgomery GI Bill – Pathway to an Education ...including a 2009 update

Contributed by: LCDR Chau Vu on behalf of the Professional Development Committee

The GI Bill of Rights, also known as the Servicemember's Readjustment Act of 1944, was first signed into law by President Franklin Delano Roosevelt on June 22, 1944. Now known as the Montgomery GI Bill, the bill provides educational benefits to active duty servicemembers, some Vietnam Era veterans, certain veterans and reservists, and National Guard members.

Officers who first entered active duty after June 30, 1985, and didn't decline the Montgomery GI Bill (MGIB) in writing upon entry into active duty, are eligible. Once an officer declines participation in the MGIB, he/she permanently loses eligibility for MGIB benefits. Newly commissioned officers can opt to have \$100 per month (before taxes) deducted from their salary for the first 12 months, for a total contribution of \$1,200. This contribution will earn the officer a basic entitlement of up to \$36,000 for full-time student status. In addition, under the \$600 Buy-up Program, an officer is eligible to buy additional MGIB benefits by contributing up to a maximum of \$600, to receive up to \$5,400 in additional GI Bill benefits. (Of note, full-time students will benefit from the increased MGIB benefits for higher tuition costs, while part-time students are limited to the part-time rate even when tuition costs are higher.)

An officer is eligible to use the funds after completing 24 continuous months of active duty, and eligibility continues for up to 10 years after an honorable discharge. MGIB funds will only cover tuition and fees and will not cover other expenses such as books. The officer receives monthly payments for up to a maximum of 36 months. For example, effective as of October 1, 2006, a full-time student with 3-year commitment may receive up to \$1,075 per month for tuition costs.

Servicemembers can only use the MGIB once. If they were prior service and had used up all of their benefits, they cannot sign up and pay for MGIB benefits again after joining a different service. Also, if a servicemember used ROTC benefits for college, they are not eligible for the MGIB.

Approved training can include the following:

- An undergraduate or graduate degree or certificate at a college or university including an accredited distance education program
- A certificate or diploma from a business, technical or vocational school
- Accredited independent study courses leading to a certificate at colleges, universities, and other degree-granting educational institutions.
- An apprenticeship or on-the-job (OJT) program offered by a company or union.
- A correspondence course
- Flight training
- Licensing & Certification, up to \$2,000 per exam
- National exams (ie.GRE, LSAT)
- Any Small Business Development Center (SBDC), administered by the federal Small Business Administration, or The National Veterans Business Development Corporation

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*were left out of the expanded GI Bill that was approved by Congress and signed by President Bush earlier in 2008. This happened despite the fact that both PHS and NOAA officers have been included in all GI bill programs for over 60 years. Hopefully this oversight will be rectified before the new benefits go into effect. Despite the current non-coverage, here is some information on the new GI Bill:*

The new GI Bill was passed in 2008 and went into immediate effect. However, in order to give the VA time to implement the changes, the bill will be phased in using two stages:

Stage 1: During the 2008-2009 academic year, [Chapter 30 \(MGIB\)](#) recipients will receive a monthly benefit of \$1,321/month. This is an increase of \$220/month over the current benefit. [Chapter 1607 \(REAP\)](#) beneficiaries, whose benefits are based on a percentage of the [Chapter 30 \(MGIB\)](#) benefit, will see their benefits rise accordingly.

Stage 2: In August 2009, full implementation of the [Chapter 33 \(the new, post-9/11 GI Bill\)](#) benefits will be complete. The new GI Bill (Chapter 33) or so-called "Post 9/11 GI Bill," boasts the most comprehensive education benefits package since the original GI Bill was signed into law in 1944. This new benefit does not go into effect until August 1, 2009.

### A Comparison of the Old and New GI Bill's

The following table highlights the differences between the [Montgomery GI Bill](#) and the [New GI Bill](#).

	<b>Montgomery GI Bill Chapter 30</b>	<b>Post 9/11 GI Bill Chapter 33</b>
<b>Payment Rate for Full-Time Student</b>	Annually set - nationwide - monthly payment rate. Set to increase to <b>\$1321</b> for 2008-2009. Paid to the student each month.	A payment indexed to full in-state tuition for public schools. A lump sum paid directly to the school each term. The national average for in-state tuition in 2008 is \$6,185.
<b>Duration of Program</b>	36 Month entitlement.	36 Month entitlement.
<b>Additional expense payments</b>	No additional payments for expenses.	Living Expenses - stipend based on local BAH for E-5 with dependents – paid monthly avg. amount app. \$1,000 a month. Books and Fees - Up to \$1,000 a year.
<b>Eligibility Requirements</b>	Those who entered service the military after June 30, 1985.	Active-duty service since Sept. 11, 2001.
<b>VEAP-era Eligibility</b>	No - Except those who elected to convert in the past.	Yes – those who meet the eligibility criteria above.
<b>Benefit Expiration</b>	10 Years after separation or discharge.	15 years from your last period of active duty of at least 90 days.
<b>Transfer benefits to families</b>	Limited - Currently Limited to Army for Critical MOS only.	Yes - but this is limited to those in the military. The details are still being worked out.
<b>Enrollment fee</b>	Yes - <b>\$1,200*</b>	<b>None</b>

For more information on Montgomery GI Bill, visit <http://www.gibill.va.gov/> or contact [Mr. Norman Chichester](#) at OCCO.





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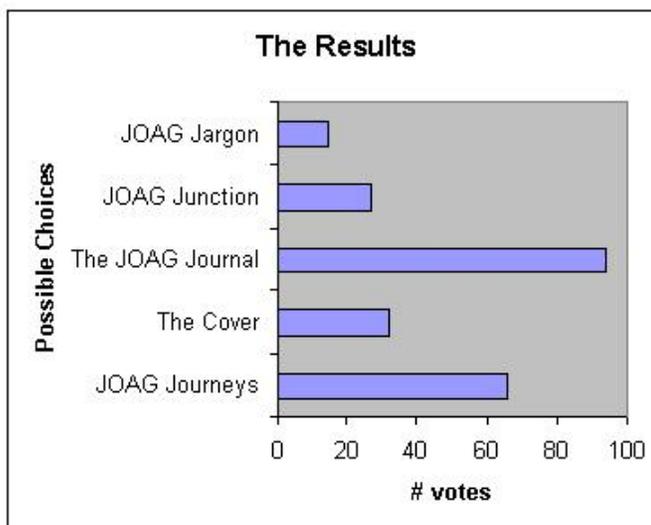
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## JOAG unveils new name for newsletter!

Contributed by LCDR Lori Hall on behalf of the Communications & Publications Committee

You voted, and the results are in. From this issue forward, the JOAG newsletter will be known as "The JOAG Journal". Another change that existing readers might notice is the new format for distribution and the overall "look" of the newsletter.

For those wishing to contribute to the JOAG newsletter, please email me ([levanshall@cdc.gov](mailto:levanshall@cdc.gov)) with your idea. A "Call for Articles" announcement will be sent through the JOAG listserv well in advance of any deadlines. We are always looking for new and unique stories that concern Junior Officers.



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## 2009 JOAG Awards: Call for Nominations

The Junior Officer Advisory Group (JOAG) is requesting nominations for three awards to be presented at the annual USPHS Scientific and Training Symposium 1-4 June 2009 in Atlanta, Georgia.

The **Junior Officer of the Year Award** recognizes a Junior Officer at temporary grade O-1 through O-4 in the United States Commissioned Corps that has made a significant contribution to the overall mission of the Public Health Service. (Self-nominations welcome.)

The **JOAG Excellence Award** recognizes a non-voting, active member of the JOAG for demonstrating outstanding, dedicated effort, and commitment to JOAG through active committee participation. (Self-nominations welcome.)

The **VADM Richard H. Carmona Inspiration Award** recognizes a retired or active duty Senior Officer at temporary grade O-5 or above who exemplifies outstanding leadership by example, mentorship and empowerment of junior officers, unwavering support of the Commissioned Corps and its mission, and overall inspiration and motivation to the PHS community. (Nominations only accepted from Junior Officers.)

If you know any outstanding officer deserving recognition of these awards, please refer to the attached documents for the nomination forms, awards guidelines, and companion documents.

### Nominations due no later than 27 February 2009.

Send nominations for Junior Officer of the Year to:  
LCDR L. Jane Preston  
[lesley.preston@ihs.gov](mailto:lesley.preston@ihs.gov)  
phone: 928-737-6127  
fax: 928-737-6001

Send nominations for JOAG Excellence Award to:  
LCDR Melissa Robb  
[melissa.robb@fda.hhs.gov](mailto:melissa.robb@fda.hhs.gov)  
phone: 301-827-1516  
fax: 301-443-9718

Send nominations for VADM Richard H. Carmona Inspiration Award to:  
LCDR Melissa Burns  
[Melissa.burns@fda.hhs.gov](mailto:Melissa.burns@fda.hhs.gov)  
Phone: 240-276-0268  
Fax: 240-276-0129

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## Upcoming Career Fairs

The 2008-2009 academic school year will be coming to a close soon and the JOAG Recruitment and Retention Committee has compiled a list of upcoming career fairs for the months of March and April 2009. This will be the last listings for the current academic school year until July when we prepare for the 2009-2010 academic year.

We encourage all officers to get out there and represent the Corps!  
A list of upcoming career fairs as well as a Career Fair Resource Document (which entails everything you need to know about preparing for a career fair) can be obtained by contacting the Career Fair Information Workgroup members below.

Questions and comments can be directed toward LT Chris VanTwyver at [chris.vantwuyver@fda.hhs.gov](mailto:chris.vantwuyver@fda.hhs.gov) (781) 596-7754 or LCDR Caroline Le at [caroline.le@fda.hhs.gov](mailto:caroline.le@fda.hhs.gov) (313)-393-8284.

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## JOAG T-Shirt Slogan Design Contest

The June 2009 USPHS Scientific & Training Symposium in Atlanta, GA, is fast approaching. After last year's great response, we are again looking forward to judging the JOAG T-shirt Slogan Contest!

Remember, we need your help in coming up with a **FUNNY or SERIOUS** slogan that will be placed on t-shirts and sold at the JOAG booth at the COF symposium.

The winner in each category (serious and funny) will receive a free t-shirt with their slogan and an Office of the Assistant Secretary for Preparedness and Response (ASPR) coin!

Please submit your creative suggestions to LTJG John Diehl (john.diehl@hhs.gov) by **March 6, 2009!**

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## JOAG Meeting Recordings

Miss a JOAG Meeting? Don't despair! JOAG meetings are recorded. Audio recordings are available "on demand" by emailing LCDR Sonny Saini [sainis@cdcr.fda.gov](mailto:sainis@cdcr.fda.gov).

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### **From No to Go: Reflections on My Deployment with the US Navy**

Contributed by LT William A. Lanier

Navy deployment?!? Me? You've got to be kidding.

Those were my thoughts as I heard about the opportunity to participate in the ship-based cooperative humanitarian deployments of 2008. As a fairly new officer, I was having enough trouble just keeping my uniform and basic Corps customs straight—how could I survive the even less familiar culture aboard a Navy ship? Would my limited professional experience allow me to contribute meaningfully to the mission? Would my agency even consider allowing me to be gone for 4-6 weeks? Last, but certainly not least, would my family be all right with my being gone for such a long time?

In spite of these concerns, several good people encouraged me to pursue the opportunity. My wife told me I should go for it, and that she and our children would be fine. Her only wish was that she could go with me! With the support of my immediate supervisor and my agency liaison, I obtained permission from my agency for extended leave. The chief professional officer of my category assured me that my training and experience qualified me to serve in a meaningful way on the mission.

Suddenly I found that all the pieces of the puzzle were in place, and I was on my way to deploying. I was a little anxious, but my trustworthy PHS colleagues came to the rescue. Those who had already deployed on similar missions in the past offered me very helpful advice on how to get ready, and gave me an idea of some things I might expect during the deployment. I was able to acquire the necessary immunizations, uniforms, and equipment. Before I knew it, I was on the USS Kearsarge off the coast of South America!

The month I spent in Trinidad and Guyana was one of the most fascinating of my life. I had some amazing experiences with the people and animals of those countries. I was able to contribute to the mission in a satisfying way, but I certainly received more from the experience and others around me than I gave. Best of all, I made some life-long friendships with my fellow PHS officers on the deployment. I even found the military personnel of the Navy and other cooperating services to be very understanding and helpful as I adjusted to Navy customs and life aboard ship. I am very grateful for the support of my family and others that allowed me to go on this mission.

I encourage all officers to deploy. With the help of the PHS support structure, obstacles to deployment can be surmounted. Despite any reservations you may have, you will survive and be successful! Each officer has unique talents; you will be able to give to the mission something only you can give. Your deployment will become one of the richest experiences of your life. To all of you considering a deployment in general, and specifically a ship-based humanitarian aid mission, I say emphatically, as my wife did: Go For It!



[Fitness Tips](#)

I would be happy to answer any questions you may have. Email: [Willy.Lanier@fsis.usda.gov](mailto:Willy.Lanier@fsis.usda.gov).





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# The JOAG Journal

A newsletter *for* junior officers *by* junior officers

Issue 9, Winter 2009

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### **Commission Corps Winter Fitness Tips**

Contributed by: LCDR Teresa Baptiste

As a new junior officer, I struggled in identifying a winter topic that would be mission focused, informative, and related to the season. In my review of emails from various agencies and listservs I discovered an appropriate topic. As Commissioned Corps Officers we have all received information on the Commissioned Corps Transformation. To address one of the aspects of this transformation, this article will provide tips on maintaining readiness and fitness during the tough winter months.

“The U.S. Public Health Service Commissioned Corps is the primary response resource available to the Secretary of Health and Human Services in carrying out his responsibilities to provide public health, humanitarian, and clinical services to an impacted Tribe, state, or local government during a federally-declared disaster, a National Special Security Event (NSSE), or in response to an urgent public health need.”

In order to respond to deployments and be successful in carrying out our mission, Commissioned Corps Officers must be physically and emotionally equipped to carry out the demands one might encounter when deployed to support a federally-declared disaster.

As we are all aware, the winter season brings holidays, family gatherings, and good food. For some, it also brings “Holiday Blues”, weight gain, and a decrease in physical activity. As Commissioned Corps Officers it is vital that we maintain a balance in all of these areas while meeting our readiness standards. In accomplishing our physical fitness goals we must be familiar with how to make healthy food choices as well as be able to recognize signs of stress that can impact our mood and motivation to maintain fitness standards.

If during the holidays you notice yourself feeling down you could be experiencing Holiday Blues or Holiday Depression. Length of time is often the deciding factor in distinguishing between Holiday Blues and Clinical Depression. Holiday blues is a form of depression that is short lived and lasts only a few days to weeks around the holiday season. Clinical Depression symptoms are present nearly every day and persist for most of the day for at least 2 weeks. Symptoms of Holiday Blues include:

Headaches	Insomnia
Hypersomnia	Change in appetite
Agitation/Anxiety	Feelings of guilt
Difficulty concentrating	Loss of interest in pleasurable activities

Below is a list of coping strategies for dealing with the Holiday blues:

- Surround yourself with supportive people
- If feeling lonely, get out and get around people
- Try to recognize and reframe unrealistic expectations
- Set limits, try to maintain a balanced diet, eat and drink in moderation
- Get plenty of rest
- Exercise regularly
- Go outdoors and get active

## [Fitness Tips](#)

- Plan ahead; Set priorities

The holiday season is a time for cozy fires, inside activities, and kitchens with aromas of breads, cookies, cakes and a smorgasbord of other tempting delights. Following are 8 Steps to Surviving Holiday Weight Gain from the Cleveland Clinic of Heart and Vascular Institute:

1. *Get moving* – One of the most effective ways to maintain or lose body weight is to engage in regular, sustained aerobic activity, aiming for 200-minutes of aerobic activity per week.
2. *Aim for five-a-day* – Making sure you eat five or more servings of fruits and vegetables each day is a great way to help fill-up your stomach but not your calorie level.
3. *Control the risk for temptation* – Controlling even the slightest chance of coming in contact with “tempting” foods is one way to effectively reduce your intake. Make a mental note of tempting places and try to avoid them. If you can’t avoid them entirely, see number 4.
4. *Limit to one-a-day* – While you can’t control every situation, you can control how much food goes into your mouth. Allow yourself one small serving of a cookie or piece of candy each day during the holiday season. Remember that you may have to compensate for it later in the day by reducing your total caloric intake or by burning a few extra calories while exercising.
5. *Never go to a party hungry* – Have a nutritious snack like a low-fat trail mix, a piece of fruit, cut-up vegetables, yogurt, whole grain crackers with peanut butter or even a glass of skim milk before the party. This way you’ll be satisfied when entering the party and enjoy small portions of food without overeating.
6. *Plan ahead and bring a low-calorie dish with you* – Offer to bring a dish with you to a holiday party. Whatever you bring, make sure it’s low in calories such as fresh fruits, vegetables, or low-calorie dips.
7. *Say No Politely* – Many times you feel forced to eat foods because people keep putting it in front of you. Learn to say no politely, such as “No thank you, I’ve had enough”.
8. *Focus on socializing* – Don’t stand around the food table when you are at a party – focus your energies on making conversation with others instead of focusing on foods. Conversation is calorie-free.

As temperatures drop and days become shorter, exercising before or after work becomes difficult. With holiday parties and other functions to attend, our motivation and energy begins to dwindle. Don’t use the winter season as a reason not to exercise. There are multiple options for maintaining your readiness fit standards. According to the various internet resources there are multiple options for workouts inside or outside, it just requires a little planning.

### *Taking it outside:*

1. Get warm first – Cold temperatures can make your muscles tight and prone to injuries.
2. Insulate your body – Dress in layers.
3. No sweat – Avoid fabrics that trap sweat near the skin and cause you to be chilled. Instead, choose performance apparel that draws sweat away from the body.
4. Drink up – It’s important to stay hydrated during the winter.
5. Lighten up – If you’re outdoors when it is dark, wear reflective materials.

### *Staying inside:*

1. Walk at an indoor location, like a mall.
2. Join a health club.
3. Create a home gym.
4. If you have stairs where you live spend as little as 20 minutes at a time climbing up and down the stairs for an intense workout
5. Visit a library. Local libraries offer exercise videos you can check-out for free.
6. Get wet. Find a local pool you can use.

Maintaining fitness readiness during the winter season can be easily done by increasing your awareness of emotional triggers, making a few changes in food choices, and engaging in some form of physical activity whether indoors or outdoors.

*LCDR Baptiste is a Licensed Clinical Social Worker stationed at the LaSalle Detention Facility in Jena, LA*

