

MCCS Okinawa Health Promotion:
Wellness Briefs

1. Alcohol Use: Prevention of its abuse

This brief discusses standard alcoholic drink volumes, factors that may influence blood alcohol levels, costs of drinking alcohol, risk reduction tips, transportation resources when drinking alcohol, and provides resources for coping with alcohol problems.

2. Nutrition

This brief discusses avoiding toxic food environments, reading food labels, balancing meals for maximum nutrition, making smarter food choices, and provides general information on diseases related to poor nutrition habits: obesity, hypertension, high cholesterol, etc.

3. Fitness: Fit to Fight

This brief discusses diseases related to poor health, setting fitness goals, the assessment of current fitness levels, designing a workout plan, and the step-by-step creation of a workout from warm up to cool down.

4. Heart Health

This brief discusses issues related to hypertension and cholesterol levels, risk factors of heart disease, and the process of reducing the risk of cardiovascular disease.

5. Injury Prevention

This brief discusses ways to reduce the risk of fitness-related injuries by identifying common fitness-related injuries, the use of proper sporting equipment, avoiding improper body mechanics, the appropriate progression of an exercise program, components of a healthy workout, and treatment options for injuries.

6. Stress Management

This brief discusses the definition of stress, various types of stress, stress-inducing life events, coping mechanisms, and resources for seeking help.

7. Tobacco Cessation

This brief discusses statistics of Active Duty tobacco use, types of tobacco, the cost of using tobacco products, benefits of quitting the habit, difficulties associated with quitting, and keys to successful methods of quitting.

8. Sexually Transmitted Diseases (STDs)

This brief discusses common types of STDs, statistics associated with STDs, risk factors associated with STDs, prevention methods, treatment methods, and resources for treatment options.