



**934TH AIRLIFT WING**

**May 2022  
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## **Prevention Connection: Building a Healthier Community**

**Inside: The Women Veteran Call Center is Your Guide to  
Women's Health; Retrain Your Brain; Focus on Footsteps;  
May We Yoga?**

*In any given year, approximately 1 in 5 people will suffer from some form of mental illness (NAMI, n.d.). Less than half will seek treatment due to stigma and discrimination. In addition, roughly 46% of teenagers and 13% of children each year struggle with mental health problems. Not all pain is physical and not all wounds are visible.*



*The National Alliance on Mental Health (NAMI) recognizes the month of May as Mental Health Awareness Month. We often look after our physical health, but tend to ignore our mental health. It is easy for us to seek medical assistance when we have a physical illness or injury. However, for many reasons we struggle with getting assistance for our mental health. Raising mental health awareness will help us decrease the stigma and recognize signs and symptoms of mental health concerns. If we break the stigma, we help those who suffer in silence. If you need assistance call the NAMI Helpline at 800-950-NAMI (6264).*

*Source: <https://www.nami.org/home>*

### **Special points of interest:**

**For more information on Mental Health Awareness go to:**

**[https://www.va.gov/QUALITYOFCARE/education/  
Mental\\_Health\\_Awareness\\_Month.asp](https://www.va.gov/QUALITYOFCARE/education/Mental_Health_Awareness_Month.asp)**

**<https://www.nami.org/home>**

**[https://www.aacap.org/Mental\\_Health\\_Awareness\\_Month](https://www.aacap.org/Mental_Health_Awareness_Month)**



## The Women Veterans Call Center is your guide to women's health

If you have questions or can't find what you're looking for, you can call, text, or [chat online](#) with the **Women Veterans Call Center (WVCC)** at [855-829-6636](#) to get help and find available resources and services in your area. Trained women representatives can also help you with issues such as:

Enrolling in VA health care if you have not already [Setting up a medical appointment in your area](#)

Answering questions about eligibility (including questions about disability ratings) and other VA benefits like employment, education, and home loans

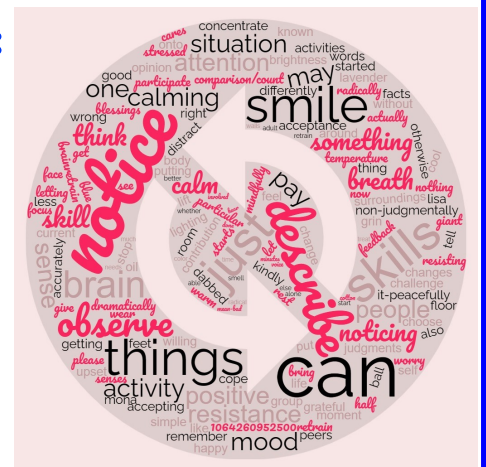
WVCC representatives are available Monday through Friday, 8:00 a.m. to 10:00 p.m. ET, and Saturday, 8:00 a.m. to 6:30 p.m. ET.

## Retrain Your Brain and Other Helpful Skills:

Over the last few months, we've highlighted simple skills on how to overcome challenges. This month's skill is Distract Yourself.

The idea of distracting oneself comes in handy whenever you have negative thoughts or need to calm down. You can simply distract yourself by:

1. Get involved in a group activity or do a calming activity alone.
2. Bring something positive to the situation.
3. Think about people and things you are grateful for.



## Focus on Footsteps by Eric Neal, EP

Have you recently found yourself in a plateau after attaining success? Are you no longer getting the results despite eating the same amount of calories and performing the same amount of exercise? I have the answer to why this can happen and offer a solution. If you are following my series of articles Calories In vs Calories Out on the Global Viking, this article is a sneak peak of what is to come later in that series.

After successful weight loss the Total Daily Energy Expenditure (TDEE) starts to decrease for multiple reasons. TDEE is the sum of calories burned through Basal Metabolic Rate (BMR), Exercise Activity Thermogenesis (EAT), Non Exercise Activity Thermogenesis (NEAT), and Thermic Effect of Food (TEF). It has been calculated that over 10% weight loss reduces TDEE by 20-25%. You might ask, shouldn't a 10% weight reduction only reduce the TDEE by 10%? The 25% reduction results for multiple variables. A reduced BMR from reduced muscle and fat mass can play into some of the reduction. a reduction in TEF from reduced calories consumed per day compared to prior food consumption before diet, reduced calories burned during EAT from where the body has become more efficient requiring less energy to perform the same amount of work due to less body weight and cardiovascular improvements, and last but not least the component I would like to place my focus is NEAT.

NEAT encompasses energy expenditure of occupation, leisure, basic activities of daily living, and unconscious/spontaneous activity such as fidgeting. NEAT comprises of 15-50% of our TDEE. Sedentary individuals tend to fall in the range of 15% of TDEE, while the highly active have attained 50% or greater of their TDEE from NEAT. NEAT can vary as much as 2000 kilo-calories between individuals of the same size. *(Continued on next page)*

## Focus on Footsteps by Eric Neal, EP

*(Continued from previous page)*

NEAT can play a very large role for the calculation of 25% reduced TDEE after a 10% or greater weight loss. When the body kicks in to survival mechanism, it tends to compensate by reduction in spontaneous activity and we tend to burn less calories from non-exercise activities we perform such as walking or any activities of daily living. This is explained very well on a YouTube video by Dr. Layne Norton, “Exercise Doesn’t Help You Burn Fat?” He speaks about when he was competing how hard he trained for his

planned workouts, but became so lazy to not get up and walk 10 feet to pick up his remote control. He later makes the suggestion to use wearables for tracking steps. He suggests tracking how many steps that were being taken prior to dieting and continue to match this number throughout the fat loss phase to counter some of the reduction to TDEE by preventing a reduction of calories burned from NEAT. If you view his video, you will find he discusses a study that mentions on average only 72% of calories burned through EAT translates into TDEE with variations based on body composition finding obese individuals accounting as low as 50% of the calories burned through EAT contributing towards TDEE, while lean individuals only compensate 10-20% and study shows just less than 28%. This is one reason some people are more predisposed than others towards becoming obese.

Don’t let this be an excuse to stop exercising as TDEE is still increased from exercise despite the reductions found in this study from other components of TDEE. If you think this could be affecting you, start focusing on your footsteps to increase your TDEE with a goal of obtaining a 500-600 calorie deficit per day to achieve weight loss goals through combination of exercise and physical activity.

Sources:

<https://pubmed.ncbi.nlm.nih.gov/34453886>

Exercise Doesn’t Help You Burn Fat?/Educational Video/Biolayne/Dr. Layne Norton



# Intimate partner violence can happen to ANYONE.

ASK YOUR VA PROVIDER FOR HELP.



The National Domestic Violence

## HOTLINE

1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

**Women Veterans Health Care**

[www.womenshealth.va.gov](http://www.womenshealth.va.gov) | #WomenVets

VA



U.S. Department  
of Veterans Affairs

Understanding common types of abuse will better prepare you to identify them when you see them; experiencing even one or two of these warning signs may be a red flag that abuse is present in your own relationship.

- ⇒ Physical abuse
- ⇒ Emotional and verbal abuse
- ⇒ Sexual abuse
- ⇒ Financial abuse
- ⇒ Digital abuse
- ⇒ Stalking

## May We Yoga? by Chayo Smith

May is so many things: Mental Health Awareness Month, AND National Physical Fitness and Sports Month, AND Women's Health Awareness Month, AND National Meditation Month. May is kind of a big, dizzying deal.

I have always thought there are two kinds of people, those who spend too much time in their heads and those who spend too much time in their bodies. I might be the only member of this group, I really don't know. I DO know that I have discovered a practice which allows me to be present in my head and body at the same time, reading off the same sheet of music: Yoga.

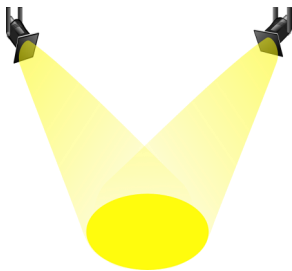
Social media feeds are saturated with weight lifting, explosive movement, leadership, productive, and performance enhancement tips. Work emails, Jabber calls, and Teams meeting demands flood the Outlook inbox as soon as the thin client boots up. There is a calm that provides a respite from the day-to-day storm that is life; yoga.

I first started taking yoga simply because Mike Sanford started teaching at the fitness center and I wanted to support a fellow colleague. I found my knee injury subsided, I became more flexible, and my posture is better. I felt more calm and serene. Then I started the research.

The American College of Rheumatology and the Arthritis foundation recommend yoga for patients with knee osteoarthritis in a 2019 guideline. Yoga is one of several non-drug interventions for initial treatment of low back pain recommended by the American College of Physicians. The NIH conducted a review of 10 studies in 2019 which concluded that a consistent yoga practice reduces the intensity of neck pain, and improved neck range of motion.

What about mental functioning? A Harvard Medical school article explains, "Studies using MRI and other brain imaging technology have shown that people who regularly did yoga had a thicker cerebral cortex (area of the brain responsible for information processing) and hippocampus (area of the brain involved in learning and memory) compared with non-practitioners. These areas of the brain typically shrink as you age, but the older yoga practitioners showed less shrinkage than those who did no yoga. This suggests that yoga may counteract age-related declines in memory and other cognitive skills." I am after that thicker cerebral cortex and hippocampus, for sure.

Finally, and probably the hidden gem in all of these benefits, is the unspoken community that has become the yoga class itself. For that hour, everyone is trying their best, breathing in and breathing out. Yoga really is for everyone. And it is a fantastic way to celebrate the month of May.



## Resource Spotlight

### **Crisis Text Line ([crisistextline.org](https://crisistextline.org))**

**Text HOME to 741741 from anywhere in the U.S., anytime, about any type of crisis. Crisis Text Line serves anyone about any crisis, providing 24/7 support and information via the medium people already use and trust: text. Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a calm one through active listening and collaborative problem-solving. This is a non-military organization.**

### ***Prevention Partners/Response:***

Violence Prevention: 713-1159

Sexual Assault Response Coordinator:  
713-1315

Director of Psychological Health:  
713-1224

Airman & Family Readiness: 713-1516

Personal Financial Counselor:  
612-297-2826

Chaplain Corps: 713-1226

Equal Opportunity: 713-1221

Exercise Physiologist: 713-1472

Security Forces (BDOC): 713-1101

Military One Source: 1-800-342-9647

DoD Safe Helpline: 1-877-995-5247

Suicide Prevention Lifeline:  
1-800-273-8255

National Domestic Violence Hotline:  
1-800-799-7233

National Human Trafficking Resource  
Center: 1-888-373-7888

### **Self Care Strategy—Add this to your Tool Box!**

**Bring Your Strengths—Do you know your strengths? We aren't talking about how much you can lift. It means what are you good at? By knowing your strengths, you can find new opportunities in your career and in your personal life.**

**Bring Your Strengths will improve engagement and purpose, and energize you while boosting your performance.**

**To complete a free assessment go to <https://www.viacharacter.org/>. The assessment will help you identify your character strengths.**

**To learn more about the skill of Bring Your Strengths, ask one of our MRTs or RTAs. They will guide you in the right direction.**



**RESILIENCE**