

# APRIL NEWSLETTER

## STRESS MANAGEMENT

### April

In today's fast-paced world, stress has become a ubiquitous part of life, affecting individuals of all ages and backgrounds. Fortunately, there are several effective strategies for managing stress, including physical activity, positive thinking, time management, mindfulness and relaxation, and work-life balance. <https://www.apa.org/topics/stress/tips>

### Exercise

Physical activity is a powerful tool for reducing stress and improving overall well-being. Exercise helps to release endorphins, which are natural mood boosters that promote feelings of happiness and reduce stress. Engaging in physical activity also helps to clear the mind and provides a sense of accomplishment that can boost self-confidence and reduce feelings of anxiety. <https://www.mayoclinic.org/healthy->

### Change your mindset!

Positive thinking is another effective strategy for managing stress. When faced with challenging situations, it is easy to become overwhelmed with negative thoughts and emotions. However, adopting a positive mindset can help to shift one's perspective and reduce stress levels. By focusing on the positive aspects of a situation, individuals can develop a sense of hope and optimism, which can help to reduce stress levels.

### Manage your time!

Time management is another essential tool for managing stress. When individuals feel that they have too much to do and too little time to do it, it can lead to feeling overwhelmed and stressed. However, by prioritizing tasks and setting realistic goals, individuals can better manage their time and reduce stress levels. By breaking down large tasks into smaller, more manageable ones, individuals can also reduce feelings of overwhelmingness and gain a sense of control over their responsibilities.

### Meditate

Mindfulness and relaxation techniques are also highly effective for managing stress. Meditation, yoga, and other relaxation techniques can help individuals to focus on the present moment and reduce feelings of stress and anxiety. By learning to quiet the mind and tune out distractions, individuals can develop a sense of calm and peace that better manage stress in their daily lives.

### Work Life Balance

Finally, work-life balance is crucial for managing stress. When individuals are constantly overworked and overwhelmed, it can lead to feelings of burnout and stress. By setting boundaries and prioritizing personal time and activities, individuals can create a more balanced and fulfilling lifestyle that reduces stress levels.

In conclusion, managing stress is an essential part of maintaining overall health and well-being. By engaging in physical activity, adopting a positive mindset, practicing time management, utilizing mindfulness and relaxation techniques, and prioritizing work-life balance, individuals can reduce stress levels and lead happier, more fulfilling lives. 😊



- Sources: <https://nypost.com/2023/02/24/exercise-more-effective-than-meds-for-mental-health-study/> <https://www.templehealth.org/Heart-Healthy-Living-What-Is-Heart-Healthy-Living?> | NHLBI, NIH <https://www.apa.org/topics/stress/tips>

# Upcoming Fitness Center Events

## Upcoming Events

- ✓ The HQC Fitness Center's annual Spring Fling 5K RUN/WALK is back! Please join us for a Spring Fling Run/Walk scheduled for Wednesday, April 24th, from 11 a.m. to 1 p.m.; all participants will meet at the HQC Fitness Center. To participate, please register by Tuesday, April 23rd. The First 50 participations will receive a free T-shirt!



- ✓ Please follow the attached link to register for our Spring Fling 5k run/walk.
- ✓ Spring Fling 5K Run/Walk: event is open to all HQC employees.
- ✓ Registration link: [Race Registration \(defensemwr.com\)](https://www.defensemwr.com)
- ✓ Date: Wednesday, April 24, 2024
- ✓ Time: 1100-1300
- ✓ Spring fit: please wear warm clothing.
- ✓ Registration close date: Tuesday, April 23rd, 2024, at 11:59pm
- ✓ Cost: FREE!

## Intramural sports are back!



The HQC Fitness Center will be hosting various sports clinics in the month of April 2024

- ✓ Racquetball
- ✓ Pickleball
- ✓ Pickleball tournament
- ✓ Winter warrior project
- ✓ 3V3 Basketball Tournament

Email [Johnathan.harrison@dla.mil](mailto:Johnathan.harrison@dla.mil) for more information.

## GUESS WHAT...



**3V3 BASKETBALL IS COMING TO A THEATER NEAR YOU!**

## Join the HQC Fitness Council!

Your input is valuable! Join the HQC Fitness Council on Wednesday, April 24, 2024, 11:00 AM-11:30 AM. We will discuss upcoming programs, events, facility updates, and more. [Click here to join the meeting](#)

For more information on how to join, please email [Asante.Kufuor@dla.mil](mailto:Asante.Kufuor@dla.mil).

## April Lunch and Learn

Join us at the Fitness Center Wednesday, April 17<sup>th</sup> at Noon for information on how to manage your stress. We welcome your topic ideas. Submit your suggestions to the Fitness Center staff by emailing us at

[Bakita.Rosenkrantz@dla.mil](mailto:Bakita.Rosenkrantz@dla.mil)

**HEALTH & SAFETY**

# EXPO

**2024**

**"ODYSSEY TO HEALTH"**

sponsored by **FIRST COMMAND**

Learn about therapeutic rehabilitation, nutrition, fitness, get FREE SWAG, and more!

**WEDNESDAY**  
MAY 8, 2024 \* 10 AM TO 1:30 PM

**HQC MARKETPLACE CAFE ATRIUM**  
featuring a special lunch menu!

**MARK YOUR CALENDAR!**

[www.defensemwr.com/hqc-fort-belvoir](https://www.defensemwr.com/hqc-fort-belvoir) Service is our business. **MWR**

# Personal Training and Group X Classes

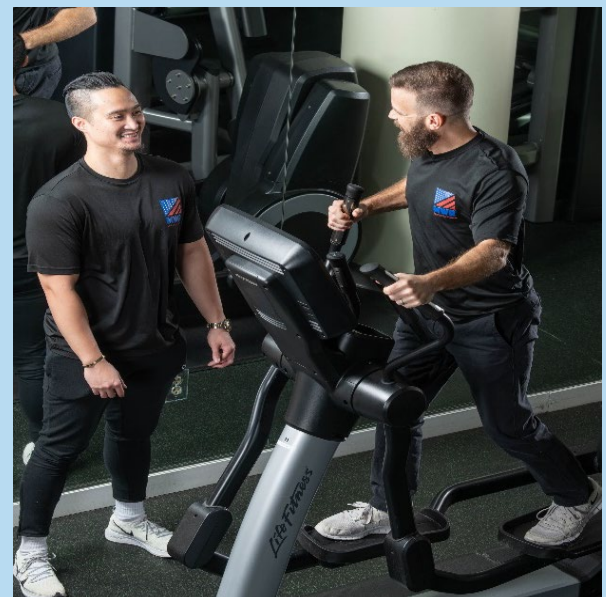
## Group X Schedule

### APRIL GROUP FITNESS CLASSES HQC FITNESS CENTER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
600		CYCLE/SPIN	YOGA	STRENGTH	
630		Jay	Tracey	Bakita	
700					
1100		CORE AND MORE-Bakita			
1130					CORE AND MORE-Jay
1200	TRX CLASS	CIRCUIT- HIIT	STRENGTH	YOGA	CYCLE/SPIN
1230	Robbie	Bakita	Spencer	Tracey	Jay
1500			YOGA Tracey		
1530					
1600	STRENGTH	CIRCUIT	GRITT	YOGA	
1630	Jay	John	Robbie	Tracey	
	Classes are 45 min unless otherwise noted				

## Personal Training!

Want free 8 personal training sessions? HQC Fitness Center is now offering 1-on-1 Personal Training. Please E-mail [Spencer.Storer@dla.mil](mailto:Spencer.Storer@dla.mil) or call 571-767-2107 to get added to the personal training list today!



## April 2024 Member of the Month!

Meet your April 2024, HQC Fitness Center member of the month: **Alicia Thompson!** Thank you for your hard work, commitment, and dedication here at the HQC Fitness Center. Your accomplishment is also our success!

Alicia works as a paralegal specialist in the office of the General Counsel. Alicia enjoys staying fit as it boosts her energy levels and minimizes illnesses throughout the year. Both of which feed into her overall fitness goals of securing a healthier and healthier and more extended lifespan through her consistent fitness efforts. Alicia's favorite modality of exercise is HIIT or High Intensity Interval Training. And when asked what advice she would give a new gym patron Alicia responded, "No matter your starting point in the fitness journey, it's crucial to set attainable goals, exercise patience, and persistently challenge yourself to improve."



## **Nominate the next Member of the Month!**


Do you know anyone who has made progress in their fitness journey using the HQC Fitness Center? Nominate them for HQC Fitness Center Member of the Month. Send their name, email, and agency to [Spencer.storer@dla.mil](mailto:Spencer.storer@dla.mil) or [Bakita.rosenkrantz@dla.mil](mailto:Bakita.rosenkrantz@dla.mil)

*Nominee must actively attend HQC Fitness Center and/or participate regularly in fitness.*


**Please E-mail [Bakita.Rosenkrantz@DLA.mil](mailto:Bakita.Rosenkrantz@DLA.mil) for more information regarding the newsletter.**



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