

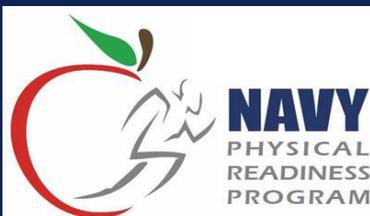
STAY FIT!

JUNE 2014

WILL MUSCLE TURN INTO
FAT IF YOU STOP
EXERCISING?

No, this is a myth. Muscle cells are completely different than fat cells. Muscle cells grow in size not numbers when they are stimulated. When exercise stops, the size of the muscle cell is reduced so that the body can conserve energy.

BUILDING A CULTURE OF FITNESS



[Email us your motivating PT Pictures to be highlighted in our next Stay Fit Newsletter!](#)

CFL's/ACFL's closely watch as Sailors aboard NSA Naples conduct their Cycle 1, 2014 PRT. (Photo by MCC(AW/EXW) Travis Simmons)

WORKOUT OF THE MONTH: "Koelsch"

Go to [Sample Workouts](#) on our website for more information

Warm-up 10 mins

Workout

Locate a large field or similar area. Mark off 5 yard increments linearly. Each person will run to the 5 yard marker and back and perform an exercise. Then they will run to the 10 yard marker and back and perform an exercise. Continue this for a predetermined amount of 5 yard increments. Provide plenty of rest and water breaks. This is self-paced but encourage a full effort.

Choose a couple of the below exercises:

- Push-ups
- Curl-ups
- Squats
- NOFFS resistance band exercises
- Jump rope
- Tuck Jumps
- Plank

Cool-down and 12 Navy Recommended Stretches

ABOUT THE WORKOUT: Lt. j.g. John Kelvin Koelsch was a pilot in the Korean War. His aircraft was shot down when he was attempting to rescue an injured pilot. He and his crewman survived the crash and evaded the enemy for 9 days before being captured. He died of malnutrition and dysentery on 16 October 1951. He was posthumously awarded the Medal of Honor.