

HEALTH PROMOTION

MONTHLY OBSERVANCE TOBACCO CESSATION

Contact our Health Promotion Office for more information or call 763-3794.

FREE CHOLESTEROL SCREENING

21 AREA FITNESS | 725-2951 | BLDG 20750
Tues, 17 Nov 1000-1300

FREE BODY FAT TESTING

22 AREA FITNESS | 725-3163 | BLDG 22160
02, 12, 17, 23 1100-1300
52 AREA FITNESS | 725-7262 | BLDG 520415
Wes, 04 Nov 1100-1300
(Includes Hypertension Screening)

GREAT AMERICAN SMOKE OUT

QUIT FOR A DAY QUIT FOR LIFE
Thurs, 18 Nov

Take one day to quit tobacco. For help, visit your BAS. Free medications to help you quit are available there. For more information call 763-3794.

WARRIOR TRAINING

PAIGE FIELDHOUSE | 725-6394 | BLDG 1110
Mondays 1815-1900
21 SMP REC CENTER | 725-2019 | BLDG 21704
Wednesdays 1800-1900
22 AREA FITNESS | 725-3163 | BLDG 22160
Tuesdays 1130-1215
43 AREA FITNESS | 725-3468 | BLDG 430320
2nd & 4th Tuesday of Each Month 1700

TRAIN THE TRAINER

PAIGE FIELDHOUSE CLASSROOM, BLDG 1110
02-05 Nov 0730-1600
This 4-day course covers essential topics including suicide awareness, sexual health, nutrition, physical fitness, tobacco cessation, BCP, remedial supplements, and more. Lunch on your own. For information or to register, call 763-3794.

FREE RMR TESTING

43 AREA FITNESS | 725-3468 | BLDG 430320
Wednesdays 1100-1300
Test assisting with weight loss, gain or maintenance. No drinking, eating, supplements, exercising & smoking 4 hours prior.
FREE HYPERTENSION SCREENING
22 AREA FITNESS | 725-3163 | BLDG 22160
Mon, 09 Nov 1100-1300
53 AREA FITNESS | 725-7075 | BLDG 53528
Thurs, 12 Nov 1100-1300



UPCOMING EVENTS



SMP THANKSGIVING PROGRAMS THANKSGIVING DAY, 26 NOV

Home for the Holidays & Rec Center Dinners. See inside for info.
Open only for Single Marines & Sailors.
Info: 725-6722

USMC BIRTHDAY PT - OOHRAH!

WEDS, 04 NOV | PAIGE FIELDHOUSE BLDG 1110 | 763-4070
Celebrate the USMC 234th Birthday with a challenging circuit course enhancing your combat readiness. Giveaways for the first 200 people.
Events runs from 0600-0730.

HARD CORPS RACE SERIES - BUFFALO ALLEY

SAT, 07 NOV | 53 AREA CAMP HORNO
Experience Camp Pendleton's beautiful terrain. 10K, 5K, 1 Mile Fun Run
Free to Active Duty military aboard the base.
Info: 725-6836

ATHLETICS DEPARTMENT

THROUGHOUT THE MONTH OF NOVEMBER
All Armed Forces Golf
Buffalo Alley 10K
For more information call 725-6195/6806/6614



Wellness Department Information

Department Head: 725-5374
Fitness Programs: 763-0657
Fitness Facilities: 725-6267
Health Promotion: 763-3794
Single Marine Program: 725-6722

Fitness Centers

Paige Fieldhouse: 725-6394
14 AFC: 725-5941
21 AFC: 725-2951
22 AFC: 725-3161
24 AFC: 763-1353
31 AFC: 725-2678
33 AFC: 725-8737
41 AFC: 725-2033
43 AFC: 725-3468
52 AFC: 725-7262
53 AFC/GYM: 725-7075
62 AFC: 725-7421
Hospital: 725-1366

Health Promotion Centers

Paige Fieldhouse: 763-3793
53 AFC: 763-0419

SMP Rec Centers

21 REC: 725-2019
33 REC: 725-4988
43 REC: 725-5205
53 REC: 725-7857
62 REC: 763-4353

Group Exercise/Massage Therapy
Coordinator: 763-4070



WELLNESS DEPT SCHEDULE



Health Promotion Holiday Weight Challenge

Many people gain anywhere from 5-10 pounds over the holidays. To try and avoid the holiday weight gain and keep fitness and health in mind, Semper Fit Health Promotion would like to run an incentive program. Maintain your weight over the holidays and earn MCCS gift certificates. It's simple as weighing yourself in before November 25th. Weight yourself back in by January 8th. Visit any fitness center to weigh in for this challenge and start avoiding the weight gain today! For info, call 763-3794/3793/0419.

NOVEMBER 2009

FOLLOW US ON TWITTER | MCCS GET FIT | MCCS HEALTH
BECOME A FAN ON FACEBOOK | FITNESS DEPT | HEALTH PROMOTION
WWW.GETFIT.MCCSCP.COM
WWW.HP.MCCSCP.COM

USMC BIRTHDAY
VETERANS DAY
THANKSGIVING
REFER TO YOUR LOCAL ACTIVITY
FOR HOLIDAY HOURS



mccsCP.com



NOVEMBER 2009 EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SMP Chargers Game Daylight Savings Time Ends	2 31 AFC Massage Calendar Drawing HP Train the Trainer 22 AFC Body Fat SMP Monday Night Football PFH Warrior Training 14 AFC Warrior Workout	3 22 AFC Warrior Training HP Train the Trainer Election Day 43 SMP Texas Hold 'Em	4 SMP Movie Night HP Train the Trainer 52 AFC Body Fat/Blood Pressure 21 SMP Warrior Training 14 AFC Warrior Workout 31 AFC Davo Pound Club 43 AFC RMR Testing PFH Birthday PT	5 SMP Stepp Stables HP Train the Trainer SMP Base Wide Meeting	6 14 AFC Warrior Workout	7
8	9 PFH Warrior Training 22 AFC Blood Pressure 14 AFC Warrior Workout SMP Monday Night Football	10 USMC 234th Birthday 43 AFC Warrior Training SMP Retirement 22 AFC Warrior Training	11 Veteran's Day 21 SMP Warrior Training 14 AFC Warrior Workout 43 AFC RMR Testing	12 22 AFC Body Fat 62 SMP Call of Duty 3	13 14 AFC Warrior Workout	14 53 SMP Televised Boxing
15	16 14 AFC Warrior Workout Holiday Weight Challenge Begins SMP Monday Night Football PFH Warrior Training	17 21 AFC Cholesterol 31 AFC Massage Demo/Gift Cert Drawing 41 AFC Deadlift Competition 62 AFC Dip Competition 33 SMP Pool Tournament 22 AFC Warrior Training 22 AFC Body Fat SMP Price is Right Trip 43 SMP Pool Tournament	18 HFC Free Throw 21 SMP Texas Hold 'Em 43 AFC 3 on 3 BBall 22 AFC Nutrition Table 21 SMP Warrior Training SMP Retirement Home Visit 14 AFC Warrior Workout 43 AFC RMR Testing	19 Great American Smoke Out SMP Retirement Home Visit	20 14 AFC Warrior Workout	21 53 SMP Televised UFC
22	23 22 AFC Body Fat SMP Monday Night Football PFH Warrior Training 14 AFC Warrior Workout	24 22 AFC Warrior Training 43 AFC Warrior Training 43 SMP Pool Tournament	25 21 SMP Warrior Training 14 AFC Warrior Workout 43 AFC RMR Testing	26 43 SMP New Movie Premiere Home for the Holiday Program Thanksgiving SMP Rec Center Thanksgiving Dinners	27 14 AFC Warrior Workout	28 Buddy Bowl
29	30 SMP Monday Night Football PFH Warrior Training 14 AFC Warrior Workout	1	2	3	4	5

CALENDAR OF EVENTS

FITNESS CENTERS | HEALTH PROMOTION | SINGLE MARINE PROGRAM

Our mission - To synergistically provide innovative programs, activities and facilities with exceptional services so as to enhance the overall wellness and readiness of our customers.

FITNESS CENTERS:

FIELDHOUSE | 725-6394 | BLDG 1110

Weds, 04 Nov - USMC Birthday PT 0600

Celebrate the USMC 234th Birthday with a challenging circuit course.

28-29 Nov - Buddy Bowl 0700-1600

Participate in this annual flag football tourney to raise money for military & law enforcement children. Event on the 11 Are Field.

14 AREA | 725-5941 | BLDG 14013

Mon, Weds, Fri - Warrior Workout 0630-0730; 1130-1230; 1500-1545

A circuit with various functional movements.

Guaranteed to help improve your CFT! Special training is also available for your unit. Contact the manager for more information.

HOSPITAL | 725-1366 | H-94

Weds, 18 Nov - Free Throw Shoot Out 1100

Test your skills in this fun lunchtime competition.

22 AREA | 725-3163 | BLDG 22160

Weds, 18 Nov - Nutrition Table 1100-1300

Learn about portion sizes, calories, & nutrients.

31 AREA | 725-2678 | BLDG 31601

Weds, 04 Nov - Dawg Club Bragging Rights

5 events to determine the monthly "Top Dawg." Includes 1.5 mile run, bench press, leg press, crunches, pull-ups (Marines), & push-ups (Navy).

Mon, 02 Nov - Massage for Two Drawing

Drop your Stomp Out Stress Challenge calendar & enter yourself into a Massage for Two gift certificate drawing. The holidays are coming...smile and say NO to stress. All day. Winner annouced 03 Nov.

Tues, 17 Nov - Massage Demo Day - Gift Certificate Drawing - 1200

Come stomp out your stress! Get a FREE chair massage demo or PNF stretching. Enter a drawing to win a gift certificate.

41 AREA | 725-2033 | BLDG 41315

Tues, 17 Nov - Deadlift Competition 1100

Challenge your personal best!

43 AREA | 725-3468 | BLDG 430320

Weds, 18 Nov - 3 on 3 Basketball Tourney 1100-1300

3 on 3 intense basketball action. First team to 11 points wins. 3 pointers count as two points, everything else counts as one. Be ready to bring your game!

1030-1300

62 AREA | 725-7421 | BLDG 620411

Tues, 17 Nov - Dip Competition 1100

Compete for max amount of dips in each weight class for overall winner. Event goes until completion.

SINGLE MARINE PROGRAM: COORDINATOR | 725-6722 | BLDG 1253

TRIPS & SPECIAL EVENTS

Mondays, NFL Monday Night Football at all SMP Rec Centers

Watch the game and enjoy snacks.

Sun, 01, 15, 29 Nov - Chargers Game 1030

Free tickets distributed when you sign up & ride with SMP to & from the game. Only 7 tickets provided. Single Marines & Sailor only. Games start at 1305.

Weds, 04 Nov - SMP Movie Night 14 Area BEQ 1730 BBQ until finish.

Enjoy a free outdoor movie on us! Popcorn, hot dogs, hamburgers & non-alcoholic drinks, plus FREE BBQ. Rock climbing wall available. Bring your own chair & blanket. Movie determined by the audience.

Thurs, 05 Nov - Base Wide Meeting 1330

43 SMP Rec Bldg 430314

Join the SMP staff & Unit Reps as we discuss quality of life issues, upcoming events & volunteer activities.

Tues, 17 Nov - SMP Price is Right Trip 0600

FREE! You must sign-up & ride with SMP to & from the show to enjoy this event. Civilian attire only. You must be on leave or special liberty to attend this event. Space is limited.

Thurs, 26 Nov - Home for the Holidays Program

Would you liked to be placed with a local family for Thanksgiving lunch or dinner? Sign-up with SMP for this program.

Thurs, 26 Nov - SMP Rec Center

Thanksgiving Buffet 1100

Catered dinner provided at 21, 33, 43, 53 & 62 Rec Centers. Food for 200 people. 43 SMP will also host a new movie premiere.

VOLUNTEER OPPORTUNITIES

Thurs, 05 Nov - Stepp Stables 0800-1600

Horse grooming. Advanced sign-up required, Space is limited. Single Marines & Sailor only.

Tues, 10 Nov - Rancho Vista Retirement Home Visit 1600

A few hour commitment & a letter of appreciation is given. Requested uniform of the day Charlies. Advanced Sign-up is required.

Weds, 18 Nov- Fairwinds Retirement Home Visit 1600

A few hour commitment & a letter of appreciation is given. Advanced Sign-up is required.

Thurs, 19 Nov - Belmont Retirement Home Visit 1600

A few hour commitment & a letter of appreciation is given. Advanced Sign-up is required.

21 SMP REC | 725-2019 | BLDG 21704

Weds, 18 Nov - Texas Hold 'Em 1800

Free t-shirts to the first 80 players. Prizes awarded for 1st & 2nd place. Note: This is not a part of the base wide Texas Hold 'Em Series.

33 SMP REC | 725-4988 | BLDG 33607

Tues, 17 Nov - Pool Tournament 1100

Win MCCS gift certificates

43 SMP REC | 725-5205 | BLDG 430314

Tues, 03 Nov - Texas Hold 'Em 1730

Win MCCS gift certificates. Note: This is not a part of the base wide Texas Hold 'Em Tournament Series.

Tues, 17 Nov - Pool Tournament 1100

Win MCCS gift certificates

Tues, 24 Nov - Pool Tournament 1100

Win MCCS gift certificates

53 SMP REC | 725-7857 | BLDG 53341

Sat, 14 Nov - Televised Boxing Event. Pacquiao vs. Cotta. Free event with free snacks & non-alcoholic drinks.

Sat, 21 Nov - Televised UFC Fight. Lesnar vs. Carwin. Free event with snacks & non-alcoholic drinks.

Single Marines & Sailors only.

62 SMP REC | 763-4353 | BLDG 62527

Thurs, 12 Nov - Call of Duty 3 Tourney 1100

Win MCCS gift certificates