

Chapter 9 – Fitness, Health, and First Aid

PO.9 – Fitness, Health, and First Aid

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EO.1 – Identify the Definition, Importance, and Components of Physical Fitness

During Recruit Training you learned the basics of physical fitness as well as the basics of the Young Marines PFT. You also set a fitness goal for yourself based on your PFT score. Now that you've taken these steps, you'll learn more about different exercises that target each component of physical fitness in this chapter and put together a fitness program to help you with your goals later in this guidebook.

As a review, the components of physical fitness are as follows:

- **Cardiorespiratory endurance.** This is the ability to deliver oxygen and nutrients to tissues and to remove wastes over sustained periods of time. Long runs and swims are often used to measure this component.
- **Muscle Strength.** Muscular strength is the ability of a muscle to exert force for a brief period. Upper body strength, for example, can be measured by various weight-lifting exercises.
- **Muscle Endurance.** Though this also relates to your muscles, muscular endurance is the ability of a muscle or a group of muscles to sustain repeated contractions or to continue applying force against a fixed object. Pushups are often used to test endurance of arm and shoulder muscles.
- **Flexibility.** This is the ability to move joints and use muscles through their full range of motion. For example, the sit-and-reach test is a good measure of flexibility of the lower back and backs of the upper legs. Flexibility is important for proper movement and to keep you from injuring yourself.

Note: Body composition is often considered a component of fitness. It refers to the make-up of the body in terms of lean mass (muscle, bone, vital tissue, and organs) and fat mass. The amount of fat in your body is an indication of fitness, and the right types of exercises will help you decrease body fat and increase or maintain muscle mass. You should consider your body composition when setting fitness goals and when choosing certain exercises. To build fitness in these areas, you want to choose exercises that use different muscle groups and that require different amounts of strength, flexibility, endurance, and effort.

The following chart contains a few examples of exercises that target different fitness components.

Cardiorespiratory Endurance	Muscle Strength	Muscle Endurance	Flexibility
Running	Squats	Burpees	Stretching
Swimming	Lunges	Planks	Yoga
Biking	Calf raises	Side planks	Pilates
Walking	Step ups	Squat jumps	Tai Chi
Hiking	Sit ups	Crab walks	
	Crunches	Leg raises	
	Push ups	Side leg raises	
	Exercises with weights*		

*Be sure to ALWAYS have adult supervision if you are going to use weights while you exercise. Never use any weights for your fitness program without asking your parents or guardian and without someone showing you how to properly use them.

EO.2 – Pass the Young Marines Physical Fitness Test (PFT)

The Young Marines are required to take two PFTs each year: one between January and June and the other between July and December. The Unit Commander may schedule additional PFT's in order to achieve the unit's goal for a higher fitness level. The PFT:

- Measures your current physical fitness level
- Raises your awareness of the importance of physical fitness
- Motivates you to participate in physical activities
- Creates an interest in physical fitness as a life-long activity

Once you complete the PFT, you will receive a score and can earn awards. The minimum score to pass the Young Marines Physical Fitness Test (PFT) is 200 points for Young Marines Recruits through YM/LCPL. For YM/CPL through YM/MGYSGT, the minimum physical fitness score is 250 points.

The score ranges and corresponding awards are listed in the following chart.

	3rd Class	2nd Class	1st Class
Score Range	200-299	300-399	400-500
Qualification Award	Physical Fitness Ribbon 250-299 YM/CPL & Above	Physical Fitness Ribbon w/ Roman numeral II	Physical Fitness Ribbon w/ Roman numeral I

- Young Marines retain their respective ribbons with appropriate devices as long as they meet the established standards above.
- The Perfect Physical Fitness Ribbon is awarded to Young Marines earning a score of 500.

EO.3 – Explain the Difference in Healthy and Unhealthy Foods

Eating healthier is a key piece of your new, fit lifestyle. Healthy eating is not the same as dieting. It's creating a lifestyle that will help you be a healthier person and perform to the best of your ability in all of the physically demanding tasks you will participate in as a Young Marine. To help you determine which foods are healthy and which foods are unhealthy, follow the steps below.

Step One: Look Closely at the Foods you Choose

Ask yourself this question: does this food choice look natural? The best foods for you will be unprocessed, whole foods. This means that they are fresh, in their original form, and don't contain any extra or added ingredients. Examples of whole foods are anything from the produce or fresh meats sections of your grocery stores like apples, carrots, lettuce, and meats such as raw chicken or cuts of steak. Whole nuts such as



peanuts and almonds and whole grains such as barley or oats are also considered whole foods. You want to choose foods that are or contain mostly 'whole' foods. This is sometimes very easy. For example, when you compare an apple with an apple pie, it's easier to choose the food that is the healthier, whole food choice. The apple has not been altered in any way which makes it the healthier option. Making this choice can be harder when foods are wrapped in packaging. When it comes to choosing packaged foods such as granola bars, knowing which food is the least processed is harder. To decide healthier options in this instance, you'll need Step 2.

Step Two: Check Out the Ingredients List

When the ingredients in a food contain more than just whole foods such as the apple, you'll need to read the ingredients list to determine what is actually in the foods you are eating. The ingredients list can be found on the nutrition label on the back of boxes or wrappers that foods come in. There are four things you need to be mindful of when reading an ingredients list.

- **The length** - The shorter an ingredients list, the better. This means there are fewer ingredients in a product, so it is less likely to contain a lot of added chemicals or other ingredients to preserve the foods.
- **Familiarity** - Consider how many of the ingredients you recognize. If you can read and recognize most of the ingredients, the food choice is healthier than a long list of ingredients you cannot pronounce or do not recognize.
- **Additives** - Artificial or fake ingredients added to foods to enhance the color, change flavors, or make them last longer than fresh, whole foods would. Additives are usually the long words that you can't pronounce. You also want to be careful of added sugars. Most fruits are naturally sweet, but sometimes companies add sugar to make foods sweeter. You can find these added sugars by looking for words that end in -ose. Even adding natural sugars like coconut sugar or maple syrup is a lot of extra sugar in your diet.
- **Order** - The ingredients on a food label are listed in order from the greatest to the least amount included in the food. You want to choose the foods with the highest amounts of real foods such as whole grains or other food names you recognize such as peanuts or cashews. You also want those less desirable foods such as sugars or words you can't pronounce towards the end of the list.

Nutrition Facts

Serving Size: About (20g)

Servings Per Container: 16

	Amount Per Serving	% Daily Value*
Total Calories	60	
Calories From Fat	15	
Total Fat	2 g	3%
Saturated Fat	1 g	4%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	45 mg	2%
Total Carbohydrates	15 g	5%
Dietary Fiber	4 g	17%
Sugars	4 g	
Sugar Alcohols (Polyols)	3 g	
Protein	2 g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		2%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Wheat flour, unsweetened chocolate, erythritol, inulin, oat flour, cocoa powder, evaporated cane juice, whey protein concentrate, corn starch (low glycemic), natural flavors, salt, baking soda, wheat gluten, guar gum

Step Three: Read the Nutritional Information

The nutrition label on the back of food products gives you a lot more information than just the ingredients list. Because the list won't tell you exactly how much of each ingredient is in your food, you want look at the nutrition label which lets you know important serving information about your food choice. Whenever you read a nutrition label, you work from the top down.

- **Start with the serving size.** This lets you know how much of the food would be in one serving which is sometimes not the same as what is in a package. For example, you may choose granola bars that are packaged with two in each pack, but the serving size only lists one granola bar. You need to take this into account whenever you read the rest of the label because you will need to double the rest of the numbers or limit yourself to the serving size listed.
- **Look at the number of calories in the food.** There is no need for you to keep track of all the calories you eat in a day, but you should avoid food choices that are over 400 calories in one food item.

- **Examine the type of fats in your food.** The only type of fat you need to worry about are saturated fats. Try to choose foods that have no saturated fats or are very low in this type of fat.
- **Look for carbohydrates next.** This is where you check on the whole grains in your foods. Instead of the words ‘whole grain,’ look for the words ‘dietary fiber.’ Foods that are high in fiber are better for you than foods that don’t have any or are low in fiber. If they are high in fiber, this means they contain whole grains which are those good-for-you whole foods you read about earlier.
- **Below carbohydrates, you’ll find the sugar amount.** Remember that you want to choose foods that are low in natural and added sugars. You should only be having about twenty-five grams of sugar in a day. Try to choose foods that are lower in sugar. These will also be foods that have sugars listed towards the end of the ingredient list. Checking the nutrition label just ensures the item really is low in sugar.

Now that you know how to choose healthy options, you need to balance those healthy choices with the less healthy options. Building a healthy lifestyle does not mean you can never eat the foods you love ever again such as cheeseburgers or pizza. The trick is to choose healthy foods most of the time and to balance what you eat and drink. If you eat healthy most of the time, choosing the foods you love or that may be less healthy has its place. The next section will explain how much of different types of food you need each day so that you can decide how to balance what you eat and drink.

EO.4 – Pursue a Healthy Lifestyle

To build a healthy lifestyle for yourself, you need to know how much of each type of food you should be eating each day. Keep in mind that you will balance these amounts between three meals and most likely one snack a day. You may also need to eat a little more or a little less depending on how active you are each day. For example, if you play sports and practice for several hours each day, you may need to eat more than someone who doesn’t play sports or who is less active. The chart below lists different foods and how many servings you should eat each day. Remember that serving size varies depending on the type of food you are eating, so don’t let the numbers scare you.

Food Type	Girls	Boys
Carbohydrates or Grains	9 servings	11 servings
Vegetables	4 servings	5 servings
Fruits	3 servings	4 servings
Milk, Yogurt, Cheese	2-3 servings	2-3 servings
Protein	2 servings or 6 ounces	3 servings or 7 ounces

(Office of Disease Prevention and Health Promotion, 2000)

You may notice there are different requirements for boys and girls. This is because boys and girls, as well as grown men and women, have different nutritional needs. Our bodies use the food we eat in different ways. However, everyone should try to maintain the same balance in their diets. The following chart offers examples of how much of different types of foods equals a serving. Use this for whole foods that don't come with serving size information on nutrition labels.

WHAT COUNTS AS A SERVING?

Bread, Cereal, Rice, and Pasta Group (Grains Group)—whole grain and refined

- 1 slice of bread
- About 1 cup of ready-to-eat cereal
- 1/2 cup of cooked cereal, rice, or pasta

Vegetable Group

- 1 cup of raw leafy vegetables
- 1/2 cup of other vegetables cooked or raw
- 3/4 cup of vegetable juice

Fruit Group

- 1 medium apple, banana, orange, pear
- 1/2 cup of chopped, cooked, or canned fruit
- 3/4 cup of fruit juice

Milk, Yogurt, and Cheese Group (Milk Group)*

- 1 cup of milk** or yogurt**
- 1 1/2 ounces of natural cheese** (such as Cheddar)
- 2 ounces of processed cheese** (such as American)

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group (Meat and Beans Group)

- 2-3 ounces of cooked lean meat, poultry, or fish
- 1/2 cup of cooked dry beans*** or 1/2 cup of tofu counts as 1 ounce of lean meat
- 2 1/2-ounce soy burger or 1 egg counts as 1 ounce of lean meat
- 2 tablespoons of peanut butter or 1/3 cup of nuts counts as 1 ounce of meat

* This includes lactose-free and lactose-reduced milk products. One cup of soy-based beverage with added calcium is an option for those who prefer a non-dairy source of calcium.

** Choose fat-free or reduced-fat dairy products most often.

*** Dry beans, peas, and lentils can be counted as servings in either the meat and beans group or the vegetable group. As a vegetable, 1/2 cup of cooked, dry beans counts as 1 serving. As a meat substitute, 1 cup of cooked, dry beans counts as 1 serving (2 ounces of meat).

In addition to what you eat, you also need to consider what you drink. Depending on your age, you should be drinking one to two liters of water a day which is between five to ten glasses of water. The older and more active you are, the more water you need. Just like healthy versus unhealthy foods, drinking that much water does not mean you can't drink other beverages. All beverages contain water as their first ingredient. However, you need to find balance here as well. If you choose drinks other than water such as juice or soda, you need to be mindful of how much sugar you are drinking. Sugars and calories count for your beverages just as they do for food. You should choose water most of the time to keep added sugars out of your diet, but some juice or soda every now and then can be a great treat.

Finding Balance

Now that you know the healthiest foods and drinks for you and how much of each to have a day, you can work on balancing what you eat, drink, and do in a day. Creating a healthy lifestyle is all about balance: balancing healthy and unhealthy food choices, water and sugary drinks, and exercising regularly.

When it comes to food choices, you find balance by considering foods you need and those you want. If you're having a cheeseburger and fries for lunch or pizza for dinner, you want to make healthier choices throughout the day, or choose foods lower in fat or calories. The same idea applies to what you drink. If you have a soda, fruit juice, or drinks higher in sugar, make sure you drink enough water for balance and choose foods low in sugar to avoid taking in too much throughout the day.

Make sure you are getting enough exercise to balance your food and drink choices. On days you may not eat as healthy, make sure to be a little more active. This does not mean you don't have to be active on days you do eat healthy, you may have to do a little more physical activity to balance your food choices. Be mindful though; you truly are what you eat. Whenever you make healthy choices and drink all of your water, your body will function at its best. Whenever you make less healthy choices or don't drink enough water, you may feel slow, sluggish, or even sick during physical activity.

The same applies to everything you put into your body. In addition to making healthy choices, you need to remember our motto of pursuing a healthy, drug-free lifestyle. Eating healthy and exercising is half of the equation here. Drugs and alcohol have a damaging effect on your body and will counteract all the good you do by eating healthy and exercising. Make sure you choose the right foods and avoid those substances that can directly harm you to be as healthy as possible.

EO.5 – Recognize and React to Emergency Medical Situations

In Recruit Training you discussed the chain of command in case of an emergency. Now we will go over how to recognize situations that will require emergency medical attention instead of basic first aid. Many emergency physicians believe it is everyone's job to be able to recognize the signs of a medical emergency before the situation becomes too dangerous. The following warning signs are not meant to diagnose any problem, nor do they represent everything that might need medical attention, but they are examples of the most common emergencies.

Warning Signs of a Medical Emergency:

- Trouble breathing
- Chest pain
- Fainting, sudden dizziness, or feeling weak
- Sudden blurred or spotty vision
- Changes in mental state such as confusion, drastic changes in behavior, or sudden drowsiness
- Any sudden or severe pain
- Bleeding that won't stop
- Severe vomiting or diarrhea
- Coughing or vomiting blood
- Unusual stomach pain

If you notice any of these signs in someone, immediately tell the nearest adult who will decide if it is necessary to call an ambulance. If the answer is “yes” to any of these questions, it is best to call an ambulance.

- Does the injury or illness seem life-threatening?
- Could things get worse on the way to the hospital if the person wasn't in an ambulance?
- Would moving the person make things worse?
- Does the injury or illness require attention only trained medical professionals could give?
Could traffic or the distance from the hospital delay this person getting medical treatment?

If you are ever the one to call an ambulance, follow these tips to be sure help comes as soon as possible:

- Remain calm and speak clearly.
- Give your name, current address, phone number, and where the patient is, for example in the chow hall or on the parade deck.

- Don't hang up the phone until you are told to.
- Give as much information as possible about what happened and make sure to answer every question you are asked to the best of your ability.

Once help has been called, it may be necessary to give or to continue to give basic first aid to the sick or injured person. This is why it is important everyone in your unit is First Aid and CPR certified. Your unit will oversee scheduling First Aid and CPR training. You will learn more about this in **Part Two: YM LCpl Requirements.**