

Chapter 18 – Fitness, Health, and First Aid

P0.9 – Fitness, Health, and First Aid

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EO.1 – Commit to a Personal Physical Fitness Program

The next step in your fitness journey is to create a fitness program that addresses your physical fitness goals. You've already set a physical fitness goal based on your PFT score and learned about the components of physical fitness. Now it is time to put this information together to create a fitness or exercise program that will help you reach your goals. Follow the three steps below to set up your fitness routine. You can use the handout provided by your unit to put your program in writing and to track your progress.

1. **Choose fitness components that will help you meet your goal.** Look at your goal to see which components of physical fitness will most help you reach your goal:

If your goal is to run faster or for a longer amount of time, you need to choose exercises that strengthen your **cardiorespiratory fitness**. You also need to choose exercises that help with **muscle endurance** to keep your whole body strong.

If your goal is to do more push-ups, pull-ups, or sit-ups, then you want to choose exercises that will help with **muscle strength** and **muscle endurance** because you need both for those exercises.

If your goal is to reach further on the V-sit or sit and reach, choose activities that will help you to increase your **flexibility**.

2. **Choose exercises that will help you to reach your fitness goal.** Once you have chosen the fitness components that will be most helpful to you, it's time to choose some exercises or activities from each component to put into your program. Use the chart and your Senior or Advanced Young Marine or Adult Volunteer to help you choose your exercises:

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

*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 and without someone showing you how to properly use them.

Make sure you track your progress to see how you are improving. When it comes to exercises that address cardiorespiratory endurance, these exercises are easy to track. You know you are improving when you can perform the exercise for a longer period of time or when you can do it faster. For exercises in muscle strength and muscle endurance, you'll need to track how many reps and sets of exercises that you do. A rep is how many times you do each exercise. For example, doing ten squats means you've done ten reps. A set is repeating your reps. For example, you may do three sets of ten reps of squats which means you've done your ten reps, taken a break, done ten more reps, rested again, and then completed one final set. You will track progress for these exercises by being able to complete more reps or more sets of each of these exercises. Each exercise has a different way to count reps and sets, so make sure you get help from a Senior or Advanced Young Marine or an Adult Volunteer in your unit as you are choosing exercises and deciding how many reps and sets to start with.

3. Add warm-up and cool-down exercises to your program. It's always important to warm up your muscles before working out and to cool down afterwards to avoid injuries like pulled muscles or joint problems. Below is a list of warm-up and cool down exercises for you to incorporate into your program.

Use the following exercises to warm up and cool down. (For cooling down, perform in reverse order.)

- Arm circles – Full, slow sweeping circles with both arms forward then backwards.
- Side stretch – Reach one arm overhead and the other down the side of the leg. Repeat alternately to the other side.

- Sit and reach – One leg straight, one bent with the sole of the foot near the knee of the straight leg. Reach out with both arms along the straight leg.
- Cat back – Flatten lower back to the floor then slowly curl up with arms straight.
- Thigh stretch – Bend one knee, grasp ankle, pull foot gently toward the buttock. Repeat alternately with the other leg. Don't arch the back.
- Pelvic tilt – On your back, knees bent, feet flat on the deck. Tighten abdominals and buttocks and press your lower back firmly against the deck.
- Cross-overs – Seated on deck, legs in front of you, knees bent and feet flat on the deck. Roll legs to one side toward the deck. Look over the other shoulder. Repeat to other side.
- Calf stretch – One foot in front of the other with toes pointed straight ahead. Bend both legs (squatting) to stretch the muscle in the rear leg. Repeat with legs further apart and back straight to stretch the calf muscle in the rear leg.

The most important part of a fitness program is making it something you enjoy and look forward to. To make it fun, you can also include activities like sports. Below is a list of some activities you can add to your fitness program or routine instead of conditioning exercises:

- Team sports such as football, basketball, baseball, soccer, etc.
- Dancing
- Kickball or dodgeball
- Tennis
- Golf
- Walking with friends and family
- Swimming

Anything that gets you up, moving, and increases your heart rate is a great activity to add to your program. Make sure to include a balance of conditioning exercises (those listed in the chart) and extra activities you do with others either at home or during drill to keep your fitness program fun and interesting.

Remember any time you are exercising with others it's important to have good sportsmanship. A person who displays good sportsmanship is fond of sports and behaves fairly and generously.

Sportsmanship is an attitude and it should be part of everyone's mindset when they head out to play. Here are some tips to help you practice good sportsmanship no matter the sport you play:

- Always play by the rules of the game.
- Respect all the referee's decisions without grumbling.
- Accept that your opponents played well and deserved to win.

- Accept victory with humility and modesty.
- Compliment your opponent on his or her play.
- Do not try to gain unfair advantage over your opponent.
- Do not try to win by cheating.
- Remain in control of your emotions and do not resort to violence.
- Remember it is not who won or lost but how you played the game.
- Afterwards, review your performance and make a plan using your fitness program to get better for next time.

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 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 to YM/LCPL. For YM/CPL to 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.

To help you track your progress, use the PFT Score charts in **(Appendix F.)** The charts show the number of repetitions for each exercise by age and percentile. Find your age on the

chart first then find the number of repetitions you did for the exercise. The column all the way to the left shows you the percentile you fall in. This column is very close to the number of points you would earn for the exercise, so you can use this to see where you stand as you continue to exercise and improve your scores.

EO.3 – Explain Factors Relating to Weight Loss and Weight Gain

In Part One of this book, you learned how to read nutrition labels and how to pursue a healthy, balanced lifestyle. This section will discuss even further how to balance your diet to avoid weight gain, how to avoid added sugars, and how to balance your diet and exercise.

Healthy Weight and Added Sugars

According to the Dietary Guidelines for Americans 2015-2020 released by the CDC, Centers for Disease Control, all Americans should follow these general guidelines for a healthy lifestyle:

- Eat plenty of fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products such as cheese and yogurt.
- Eat mostly meats that have low fat, chicken or turkey, fish, beans, eggs, and nuts.
- Avoid saturated fats, trans fats, salt (sodium), and added sugars.
- Stay within your daily calorie needs.

The hardest to avoid is added sugars. Sugar is naturally present in all fruits and many vegetables such as tomatoes and carrots. Sugar is often added, to most of the foods we buy at the grocery store or order while out to eat. Below is a list of foods that you may be surprised have added sugar:

- Low-fat yogurt – up to twelve teaspoons in one cup
- BBQ sauce – up to three teaspoons in two tablespoons of sauce
- Ketchup – one teaspoon in one tablespoon of sauce
- Fruit juice – potentially as much sugar as a can of soda
- Spaghetti sauce – contains natural and added sugars to enhance flavor
- Sports drinks – up to eight teaspoons in a twenty-ounce bottle
- Chocolate milk – two teaspoons in an eight-ounce glass
- Granola – six teaspoons in a 100-gram serving
- Flavored coffee – up to twenty-five teaspoons in a large coffee
- Iced tea – sweetened varieties can contain the same amount of sugar as soda
- Protein bars – may contain up to thirty grams of added sugar similar to a candy bar
- Canned soup – popular brands contain added sugars such as sucrose, barley malt, and maltose

- Cereal bars – low in protein and very high in added sugars
- Canned fruit – often packaged in sugar syrup
- Bottled smoothies – prepackaged smoothies contain up to twenty-four teaspoons of sugar
- Breakfast cereal – up to two teaspoons of sugar in a very small, one-ounce serving

Added sugar can be very harmful to your health when eaten in too large of an amount. Sugar can lead to weight gain because it is high in calories. It can harm your teeth, your heart, and other organs such as your brain. Sugar causes a major spike in your energy level, so you may feel a crash after eating a lot of it. To avoid eating too much added sugar, make sure to read the nutrition labels of anything you buy in the store. Pay special attention to all words that end in -ose because these words are sugar in disguise. **High fructose corn syrup, sucrose, maltose, and dextrose** as well as **natural sugars, palm sugar, coconut sugar**, and other words that may sound natural are all forms of added sugars. Read carefully and avoid choosing foods that have too much added sugars.

Balancing your Diet

Eating a healthy, balanced diet does not mean you can never eat foods you love, or comfort foods. Below you will find some tips from the CDC to help you learn how to eat the foods you love in a healthy way:

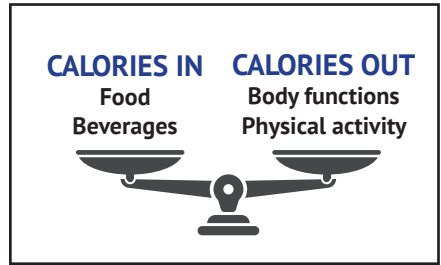
- “Eat them less often. If you normally eat these foods every day, cut back to once a week or once a month. You’ll be cutting your calories because you’re not having the food as often.
- Eat smaller amounts. If your favorite higher-calorie food is a chocolate bar, have a smaller size or only half a bar.
- Try a lower-calorie version. Use lower-calorie ingredients or prepare food differently. For example, if your macaroni and cheese recipe use whole milk, butter, and full-fat cheese, try remaking it with non-fat milk, less butter, light cream cheese, fresh spinach and tomatoes. Just remember to not increase your portion size.
- The point is, you can figure out how to include almost any food in your healthy eating plan in a way that still helps you lose weight or maintain a healthy weight.” (CDC, 2016)

Balance What you Eat with What you Do

The second half of a healthy lifestyle is also living an active lifestyle. Every day your body uses the food you eat as fuel to power it. Just sitting down all day would burn this fuel because your body is doing things even if you are not active such as breathing and pumping blood throughout your body. Whenever you are active like at recess or in a physical

education class, your body uses even more fuel. Anything your body doesn't use during the day gets stored in the form of fat inside your body. You will gain weight if you eat or take in more fuel than you can burn. This can happen if you eat too many unhealthy foods or if you don't get enough exercise.

This is why it is important to balance what you eat with what you will do during the day so you know what your body needs and what it doesn't. For example, if you know you won't be doing much physical activity during the day, like if you are sitting in school all day and don't have any after-school activities, be sure to eat very healthy and in proper amounts so you don't take in too much fuel. Even eating only healthy foods can be bad if you eat too much, so make sure to only eat when you're actually hungry. On the other hand, if you will have a lot of physical activity planned, such as a Young Marine event like a drill meeting or a PFT, make sure to eat enough to fuel your body. You should still stick to healthy choices, though.



Balancing your diet comes on those days where you want to eat something a little extra special such as the comfort foods just mentioned or when you have something higher in sugar or calories. This doesn't have to be a bad thing or mean you have to go run a mile to make up for it. Just make sure you include some physical activity throughout the day such as a walk with your family or a game with your friends to balance the extra fuel you took in.

EO.4 – Demonstrate an Understanding of Basic First Aid

In order to progress out of the Basic Guidebook, you need to complete all of the requirements for the Basic First Aid Award Ribbon. Your Unit Commander will give you more information on the ribbon requirements and will schedule the necessary trainings. Until you receive your training, you can follow these basic steps in the event of an emergency or other situation that would require first aid.

- **Always check out the scene to size up the situation.** Make sure the scene is safe to enter in case there was an accident that would endanger other people in addition to the injured person. Try to figure out what happened to cause the injury or illness and see how many people are involved. You also want to figure out the nature or severity of the illness or injury and see if anyone else is around to help should you need it.
- **If the person is awake and responsive, ask for their permission to help them.** Any time you will help someone you always have to introduce yourself, state what you think is wrong, and describe what you are going to do to help them even if

all you can do is call for help. Ask the person questions to try to figure out what happened and what is wrong with them before calling for help. Send someone to get an adult or call for emergency services; never leave a sick or injured person alone.

- If the person is unresponsive, which means you've tried repeatedly to get their attention and they cannot respond because they have fainted or are too disoriented, then you are still obligated to help them even if they can't give permission. Helping someone who cannot give consent is covered under a Good Samaritan Law. Every state has its own Good Samaritan Law. Make sure to familiarize yourself with your state's laws as part of your first aid training.
- Send someone to get a first aid kit or use your own personal kit to treat any minor injuries with adult supervision. Your personal first aid kit should contain:
 - o 6 adhesive bandages (Band-aids)
 - o 2 sterile gauze pads, 3-by-3-inch
 - o 1 small roll of adhesive tape
 - o 1 moleskin, 3-by-6-inch
 - o 1 small bar of soap or alcohol pads
 - o 1 small tube of antiseptic
 - o 1 pair of scissors
 - o 1 pair of latex gloves
 - o 1 mouth-barrier device for rescue breathing or CPR
 - o 1 pair of plastic goggles or another eye protection
 - o 1 pencil with paper
- Wait with the person until help arrives in the form of an adult in charge or emergency medical services. Talk to the person to keep them awake and calm.