

## **VISION**

Cultivate a fit and ready force.

## **MISSION**

Helping people help themselves to live a healthier lifestyle, through Education, Training, Rehabilitation, Prevention, and Outreach.

## **GOALS**

- Teach healthy lifestyle changes
- Help develop personal goals
- Provide information and guidance to reach desired goals in fitness and nutrition
- Give support and increase confidence of success!

## **HAWC STAFF**

**Mr. Mark Tschampl, M.S.**  
Health Education Program Manager  
8-2175

**Mr. Rick Myhre**  
Exercise Physiologist  
8-3182

**Ms. Debbie Bross**  
Office Manager  
8-1238

## **Stress Management Services**



- Relaxation Room: Two massage chairs in a dimly lit room with relaxing music/soothing sounds.
- Available Monday-Friday (0700-1630)
- Open to everyone (Free).
- Stress management information and classes offered by Mental Health Clinic (8-7580).

## **Intro to Circuit Training**



- Learn to use kettlebells, ropes, medicine balls, the pull-up station and more.
- Learn how to create your own circuit.
- Open to everyone.
- Contact the HAWC for dates and times (8-1238)

## **Individual/Group Consultations**

- Custom exercise prescription
- Nutritional needs assessment
  - Consultation for diabetes, high cholesterol, heart disease, and hypertension must go to Nutritional Medicine (8-7860)
- Weight management
- Motivation and goal setting
- Appointment only Monday-Friday (0730-1630)
- Open to everyone

## **The Bod Pod**



- Measures body composition
- Free fitness consultation included
- By appointment only Monday-Thursday (0630-1600)
- Do not eat, drink, or exercise 2 hours prior
- Open to everyone (Free).

## HAWC PROGRAMS

### Be Well Program



- Teaches basic fitness, nutrition, and goal setting.
- Classes offered every Tuesday (1300-1600)
- Open to everyone.

### Tobacco Cessation Program



- American Cancer Society “Freshstart” Program
  - 2<sup>nd</sup>/4<sup>th</sup> Wednesday each month
  - Need to attend only one class
  - Free nicotine replacement meds
- “Freedom from Smoking” Online Program
  - [www.lungusa.org](http://www.lungusa.org)
- 24/7 Support
  - [www.idaho.quitnet.com](http://www.idaho.quitnet.com)
  - [www.ucanquit2.org](http://www.ucanquit2.org)
  - 1-800-QUIT-NOW

### Pre/Postnatal Fitness

- Taught in conjunction with “Bundles for Babies”
- Teaches safe exercises for pregnancy
- Contact Airmen & Family Readiness Center for dates and times (8-2458).

### OTHER SERVICES

- Visit our information center right outside the HAWC for pamphlets/brochures on fitness, nutrition, men’s and women’s health, tobacco cessation, cancer prevention, cardiovascular well-being and more.
- Monthly Observances: The HAWC sponsors a monthly health & wellness observance including topics such as:
  - Healthy Weight Week
  - National Nutrition Month
  - National Fitness Month
  - National Quit Tobacco Month
  - And many more...
- Health Fairs/Events
- Squadron specific health classes

**The HAWC Staff can also provide professional presentations on a variety of health topics for Commander’s Calls, groups or clubs, schools, and any other interested groups. Please contact 8-2175 to request a briefing or training.**

# Fit for Life



## Health & Wellness Center

**Hours of Operation**  
**0700 – 1630**  
**Monday thru Friday**

**(208) 828-1238**  
**DSN 728-1238**

**Fax (208) 828-4627**  
**DSN 728-4627**



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