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on eating more
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welcomes baby in
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livingwell

Exercise fair on Stewart promotes healthy living

*Event included aerobichthon,
body-mass index
calculations and height
and weight checks*

STORY AND PHOTOS BY SAMANTHA B. KOSS
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Fort Stewart's Newman Fitness Center held an aerobichthon Jan. 10 to build healthy-lifestyle awareness and provide wellness education. Certified instructors led group fitness classes at the gym to get people moving and interested in aerobic exercises such as Zumba, yoga and kickboxing.

"The goal is to bring awareness to the Fort Stewart community about starting a healthy lifestyle and to also provide them with all the wellness resources available right here on post," facility manager Devin Bradley said.

Fort Stewart offers an Army wellness center, the Winn Army Medical Center and four gyms on post for families to use as healthy resources. Military identification-cardholders can use these resources to learn about proper diet and exercise approaches to healthy lifestyles.

"About 80 percent of a healthy lifestyle is nutrition," Bradley said. "It isn't only about working out often; it is about eating healthy and keeping a healthy weight."

Participants at the event could get their weight and height checked by a health educator at the Army wellness-center booth. They also calculated body-mass indexes and body-fat percentages.

"BMI is a calculation using your height and weight to determine whether you have a healthy weight according to your height," health educator Heather Glow said. "Body-fat percentages tell you the range of fat in your body."



Top: Participants exercise in a group fitness class during an aerobichthon Jan. 10 at the Newman Fitness Center on Fort Stewart.

Above: Becky Shattuck, an Army public-health nurse, conducts a cholesterol and blood-sugar screening on David Coleman during the aerobichthon.

Body-fat percentages are based on age and gender, while body-mass index is based on height and weight using a mathematical formula that people can calculate on their own.

"We want to see females with a body-fat percentage less than 30 percent and males with a percentage less than 20 percent," Glow said.

To calculate BMI, multiply height in meters times height in meters, then divide weight in kilograms by that number. Free BMI calculators also are available online.

Normal BMI ranges between 18.5 and 24.9.

"If your number is too high, you can be at cardiovascular-health risk," Glow said.

"The fat is pressing on the internal organs and is causing your blood pressure (to) rise. ... This is why we need to do screenings to make sure people know where they stand."

At the Army wellness center, participants can receive stress-management information, physical-fitness assessments, smoking-cessation assessments and metabolic screenings.

A metabolic screening assesses a patient's calorie intake while at rest and during exercise.

"We can assess them to see how many calories they need to take in order to support exercise and normal daily

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Understanding Body Fat Percentage

Taking body-fat measurements is recognized as a solid method for measuring weight loss.

Body-fat percentage simply is the percentage of fat a body contains. If a person weighs 150 pounds and has 10 percent fat, it means that person's body consists of 15 pounds fat and 135 pounds of lean body mass, which is bone,

muscle, organ tissue, blood and everything else.

A certain amount of fat is essential to bodily functions. Fat regulates body temperature, cushions and insulates organs and tissues, and is the main form of the body's energy storage. The following table describes body-fat ranges and their associated categories:

Classification	Women (% fat)	Men (% fat)
Essential fat	10-12%	2-4%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-25%
Obese	32% or more	25% or more

Before deciding to lose weight, remember that "weight" consists of both lean body mass and body fat. Try to make weight-loss goals realistic, and remember—strive to keep the calorie-burning muscle and lose only the fat.

Source: www.healthychecksystms.com

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Devin Bradley,
Newman Fitness Center manager

Plant-based food class: a journey to wellness

Vegan offers tips for cutting out meat or eating less of it

By PATTY LEON
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About 16 years ago, Evelyn Redcross became a vegan, a term used to describe people who do not consume any animal proteins, eggs, dairy or seafood.

She said it wasn't intentional at first. One day she noticed she started losing her taste of beef, saying it was like eating cardboard.

Soon, she started to feel the same way about shrimp and fish, which were her all-time favorites.

Redcross then began to wean herself off animal-based proteins.

"One day I went from eating fish to not being able to take the smell or eat it ... It was done," Redcross said. "It was almost like someone said, 'Are you willing to give it up and take the leap?' And I don't know why that happened or how that happened — it just happened."

Once it did, Redcross immersed herself in the vegan lifestyle by researching and learning how to maintain her new diet.

"I am not classically trained, but I took classes, self-trained and I managed a vegetarian restaurant (in Philadelphia) and those kinds of things," she said.

The shift resulted in significant health benefits, and now Redcross wants others to feel as great as she does.

"And I want other people to do it for lots of reasons," she said. "People just aren't feeling well; they feel bad, and they go to their doctors, and they are not always getting the results."

"They want to be healthier, and there is a connection in what you put in your mouth and how you feel," Redcross



Evelyn Redcross does a vegan-cooking demonstration at a recent class held at Farmer's Natural Foods in Hinesville. Redcross owns Evelyn's To Go, a plant-based food company.

continued. "And if you can be on a plant-based diet or just reduce the amount of meat ... within two weeks you will start to feel so much better. It is that fast — the body starts to respond that fast."

Redcross is a certified instructor for the Physicians Committee for Responsible Medicine Food for Life program, which teaches people with diabetes, heart diseases and other ailments the importance of eating clean, whole and primarily plant-based food.

Redcross owns Evelyn's To Go, a plant-based food company, and has partnered with Farmer's Natural Foods in Hinesville to offer catering services and prepared grab-and-go meals. And she recently began offering plant-based cooking classes for the public.

"I do some consulting, and I coach people to eat healthier," she said, adding that her mantra is "whole foods, low fat and plant based."

On Jan. 22 and Feb. 3, Redcross offered her first class, called "Crock-Pot or Not: Soups, Stews, Meals for Winter Blues." Participants learned her techniques and

tasted each treat that she prepared, all of which were 100 percent plant based.

The first course was a spinach coconut fusion stew. Redcross followed that up with a bumpin' butter bean couscous medley, a sizzling, saucy penne dish and pina colada cake for dessert.

Redcross demonstrated healthier ways of cutting out fats by sautéing certain ingredients in water instead of oil.

She said that when she does use oil, she primarily uses olive, sunflower, sesame, peanut or coconut oil, which provide the right types of healthy fats and are not genetically-modified-organism products.

Her demonstration showed participants how to cook the meals on the stove top, but each meal easily could be made by combining the ingredients in a Crock-Pot, setting the timer and walking away until it's ready.

Participants marveled at the meals as several commented on how flavorful and rich the food tasted, awed that it contained no meat.

Redcross said not everybody can eat 100 percent plant-

based and that typically not everyone wants to be meat free.

"But we try and incorporate more fruits and vegetables and whole grains and take it from there to try and improve their overall diet and health," she said. "The burden on the body is so much less."

She said several studies indicate that reducing animal protein intake and eating more plant-based foods can reduce or even eliminate certain illnesses.

Redcross said people can take gradual steps to eat healthier, which will lead to improvements in their overall health.

"They can take the meat portions and cut it in half or cut it in small pieces, and when they are making up their dish, they could put just a few small pieces so the flavor is there. But they are not getting nearly the amount compared to if

everybody had their own cut of steak," she said, offering an example. "Tonight, we made a dish that had a meat substitute, and there are meat substitutes that are very convincing. ... The people here tonight thought they could have been eating ground beef."

Redcross said those looking to eat a more plant-based diet should shop for organic, locally grown produce whenever possible.

She said some foods are commonly grown from GMOs and should be avoided completely unless they are grown organically or bought frozen and shipped in from countries where GMO products are illegal to grow.

Corn and soy products are the two top crops in the United States that are nearly 90 percent GMO grown.

"If it is soy or corn or certain items like that, there is no way in the world I am going to eat it," she said. "And I loved corn on the cob, but I am just not going to have it. I prefer to have the corn that has the worm in it. Because worms will not eat GMO corn. They are smarter than humans in some ways."

Redcross said eating plant-based, whole foods is much better than the quick, easy and heavily processed foods that many people eat daily.

She said should take the time to read food labels to see just how processed, sugar heavy or sodium latent store-bought food can be.

"Reading the labels is important; just because something says whole grain, it doesn't mean it is whole grain. Unless you see it in the wording of the ingredient list, it could very well be just a part of their advertisement," she said. "Same thing with the word 'natural.' And the ingre-

dient list is important because it is always listed in the order from the largest amount to the smallest amount."

"For example, if you want to tolerate a little sugar but you don't want a lot, you should look and see that the sugar is closer to the end of the list."

Redcross's next classes April 16 and April 27 will be all about comfort foods, featuring recipes for plant-based breakfast, pizza and homemade desserts.

On June 18 and June 23, she will offer a class called "High Energy, High Fiber and Raw Food Magic."

Her final classes Sept. 17 and Sept. 29, called "Infuse International Flavors," will feature Mediterranean, Asian and Indian meals.

The classes are held at Farmer's Natural Foods in Hinesville.

Each class costs \$20. Spaces are limited and can be reserved with a \$10 deposit.

For more information about the classes, call 368-7803.

For more information about Redcross and her plant-based food company, go to www.facebook.com/evelynstogo, email service@evelynstogo.com or call 912-388-1771.



Participants stretch before a group fitness class during an aerobathon Jan. 10 at the Newnan Fitness Center on Fort Stewart.

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activities," Glow said.

The wellness center also offers body-composition assessments using equipment like the bodpod, a large pod participants enter for 30 minutes, which measures composition using air displacement. This, plus other resources, can assess a patient's obesity risk.

Other screenings for blood pressure, cholesterol and blood sugar can be used to assess health risks as well.

"Cholesterol should be less than 200 and blood sugar should be less than 120," Army public-health nurse Becky Shattuck said. "It is important to know your numbers."

Meanwhile, the performance triad program is used to promote improved health and wellness.

"We are switching our gears more toward prevention through sleep, activity and nutrition, which is known as the triad," Shattuck

said. "I think this is a great thing."

The program helps soldiers achieve and maintain optimal physical fitness and health.

The triad starts with soldiers getting seven to eight hours of sleep every day. Sleep is important for staying physically and mentally ready.

Activity also is important for overall health. Proper technique during physical exercise is key to preventing injuries.

"This push for the triad can help prevent a lot of injuries we see in soldiers," Shattuck said. "If we can improve in these areas, we wouldn't have to be at the doctor's office so much."

Exercise always goes hand in hand with diet. The nutrition aspect of the triad focuses on maintaining a healthy weight and planning meals around physical training.

"If you can improve all those areas, your whole life is improved," Shattuck said. "Your work is better so you are a better soldier, a better husband or wife. ... It just spreads through your whole life, basically."



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Military family welcomes baby in unexpected delivery

FORT STEWART PUBLIC AFFAIRS
Special to the Courier

Rushed, unexpectedly-early baby deliveries are common at hospitals. In most cases though, the mother at least makes it inside the building before giving birth.

That wasn't quite the case at Fort Stewart's Winn Army Community Hospital in the early morning hours of Jan. 15.

Army Staff Sgt. Aquino Tippet; his wife, Rosa, who was eight months pregnant; and their 5-year-old daughter, Mya; had arrived at Fort Stewart only a few weeks earlier from Fort Campbell, Kentucky.

They still were busy settling into housing here, and Rosa had been experiencing periods of uncomfortable contractions for several days, but they all soon passed.

Because her due date was Feb. 3, Rosa Tippet wasn't particularly alarmed. But during a phone call with a Winn labor and delivery



Staff Sgt. Aquino Tippet sits with his daughter, Mya, 5, and his wife, Rosa, as their newborn, Ivy Faith, recuperates from her unique arrival.

nurse at 3 a.m. Jan. 15, Tippet was told to come in to the hospital as soon as she could.

So her husband loaded the family in their car and headed to Winn.

"My husband let me out in front of the hospital main entrance while he went in to find a wheelchair," Tippet explained. "I got a few feet from the front door and suddenly felt the

baby starting to come out."

And that's what happened just a few feet from the hospital's main entrance in the frigid morning air.

"I caught her about calf-high in my pants leg," Tippet said while pointing to her mid-leg area.

Just a few seconds later, Julie Kozel, a Winn labor and delivery nurse with about 15 years of experience, showed up outside the door, alerted by Tippet's earlier phone call.

"I got a call that the couple were on their way in, so I went down to the lobby to meet them," Kozel said. "I saw that the mother and father were outside and the father was holding the baby, who I learned had already come out and fallen down the mother's pant leg. I noticed that the baby's umbilical cord had become severed, and I knew that the baby could soon bleed out."

"So I took off my coat and wrapped the baby up in it because it was about 40 degrees out that morning, and I grabbed the exposed end

of the umbilical cord and squeezed it tight with my fingers. Usually we would clamp that closed before surgically cutting it," the nurse continued. "Then we got the baby and mother upstairs to the hospital mother/baby unit on the fourth floor, and everything ended up fine."

Because everything happened so quickly, Kozel relied on her instincts and training to handle the situation.

"I didn't really have time to think about what I was doing. I just reacted instinctively. It may have been the most unusual delivery I've ever helped with," she said.

Tippet's husband was in an in-processing status at the time of his daughter's birth. He eventually will be assigned to the 3rd Infantry Division's 1st Brigade Combat Team.

"I didn't even have time to think," the soldier said when asked about his thoughts during the birth.

The Tippets will have quite a tale to share with 5-pound 8-ounce Ivy Faith when she grows up.

Help make region happier, healthier place to live

By DR. ANDREW PLEASANT
Special to the Courier

Imagine a world where there are only two stores to shop at. One store is the healthy store. The other is the unhealthy store.

Between them, they sell everything. There isn't a need for another store.

They both are very well branded, so people shop at and like both stores. Sales are strong. Consumer perception is positive.

That branding allows people to be aware of their decisions and what they mean for their health and well-being. There's no secret to health and happiness, no complex decisions to make. You either shop in the healthy store or you shop in the unhealthy store.

A simpler choice could not be offered — to be healthy or not.

Some people shop only at the healthy store. Other people shop only at the unhealthy store. Some people do a little of both and go back and forth.

The outcomes of those decisions clearly are reflected in how long people live, how productive they are during their lives and how happy they feel.

Shopping at the unhealthy store doesn't necessarily make people unhappy. But their lives are full of more worries that continue to grow over time as they find they are less able to accomplish what they want in their lives.

Perhaps the happiest and healthiest of all are those who mainly shop at the healthy store but every now and then allow themselves to enjoy some of the items sold in the unhealthy store. They are aware of when and why they go to the unhealthy store and are able to keep that in moderation.

The world we live in today is far more complex. We are not always sure what the healthy choice is.

There are many factors that can influence people's health and well-being, including their home life, employment status, income, proximity to family and friends, race, ethnicity, education and more.

The Canyon Ranch Institute Life Enhancement Program, which is offered with Curtis V. Cooper Primary Health Care on Broad Street because of the support of Charles H. and Rosalie Morris, is a program that helps people better deal with the complexity of choices that can change their health.

The program lasts 12 weeks for each group of about 20 people. They experience the integrative health sessions, which include cooking, exercising, improving health literacy and helping people identify how they want to live their lives to get the most out of their experiences.



Walking-club participants — wearing the bright green T-shirts — from the Canyon Ranch Institute Life Enhancement Program set out on the Savannah River Bridge Run in December.

So far, dozens of individuals in the Savannah area have made changes in their lives because of the program and are benefiting from their choices.

People who thought di-

abetes was unavoidable are avoiding diabetes. People who thought weight loss was impossible are losing weight. People who thought sadness was a necessary part of life are



finding joy.

The CRI Life Enhancement Program is a proven, scientific approach to help people identify and keep small changes in their lives that over time lead to big changes in their health.

Outcomes for participants have included improvements in important markers in their blood, like C-reactive protein, which is an indicator of risk for a heart attack and other chronic diseases.

People are losing weight — one person lost 55 pounds — exercising more, eating bet-

ter, feeling less depressed — depression levels dropped by an average of over 50 percent — and better managing their stress.

And beyond that, participants in the Savannah CRI Life Enhancement Program are becoming more active and engaged in their community.

They are using their newfound energy to help spread the word about this free program and the power of integrative health, and they are working to make Savannah a healthier and happier community.

ity.

You can be a part of this effort — we call it the Canyon Ranch Institute Savannah Partnership.

To join us and help support the effort to make Savannah and the surrounding communities healthier and happier, email CRI@canyonranchinstitute.org.

In the meantime, make a few more visits to the healthy store and a few less to the unhealthy choices you may make. The benefits will last a lifetime.

Pleasant is the senior director for health literacy and research at Canyon Ranch Institute and a member of the Institute of Medicine Roundtable on Health Literacy.

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