Proper supplement use key to maintaining good health

Story and photo by Greg Mitchell, CFAY Public Affairs

The culture of naval fitness has become more and more complex with new fitness advances happening on a day-to-day basis. Dietary supplements are used by service members and their families to help maintain their overall fitness.

However, Sailors' and and family members' decisions could possibly affect one's health drastically. This can all be prevented if the proper health questions are asked prior to use.

According to the United States Food and Drug Administration (FDA), Congress defines the term "dietary supplement" in the Dietary Supplement Health and Education Act (DSHEA) of 1994.

A dietary supplement is a product taken by mouth that contains a "dietary ingredient" intended to supplement the diet.

*See **SUPPLEMENTS** pg. 12*

(Left) Kae Oosawa and Chika Matsuura, both Navy Exchange sales checkers, put nutrition and dietary supplements on the shelves of the in the Navy Exchange GNC section, located in the James D. Kelly Fleet Recreational Center.

***"NNO"** cont. from pg. 1*

Last year, the National Night Out campaign involved more than 37 million people ranging from citizens, law enforcement agencies, civic groups, businesses, neighborhood organizations and local officials from over 15,000 different communities across all U.S. states, territories, Canadian cities and military bases.

"I am very passionate about this program," said Valli. "I think that the police may sometimes get a negative reputation and that we are out looking for people to do things but that is not always the case. We're here to show that our main purpose is to keep people safe, to protect and not hurt."

For those working in the booths, the exposure was important.

"An event of this caliber is very good for my program, because it gives you a renewed since of the purpose in providing services to the base," said Navy and Marine Corps Traffic Safety Program Instructor Christine Cossios. "So far, over 50 people have shown up to my booth, so it is a great way to gain some notoriety with regards to the base motorcycle course. I have even had several people come up who were not aware of everything the course has to offer, so it has been nothing but exciting for me."

Even though Sailors and their families currently reside in Japan, the community should be well aware of the presence of the protective forces that surround them on a day-to-day basis and what they are doing to ensure their safety.

"I think that since we are here in a foreign country, events like this give us the opportunity to make the base community more aware of the different things that we all do to ensure the safety of the base, be it security, the Marines or harbor master and so forth. Each entity does its part and is important in maintaining the peace."

Family members take photographs on demo-cycles provided by the local Japanese police during the 29th Annual National Night Out event, which focuses on the base communities heightened crime and drug prevention awareness while generating support for and participation in local anti-crime programs.