

AUXFIT Program

As we are all aware, a person's health greatly impacts one's daily activities, work, personal relationships, and overall quality of life. To facilitate better physical health and higher levels of fitness among our members, helpful resources and recommendations are provided here.

The First District Southern Region Health & Fitness Initiative is designed to compliment the Department of Defense's "Operation Live Well Initiative," with an aim to improve the health and wellness of the larger military community as a whole: active duty, national guard, reserve, and auxiliary component members and their families. This initiative also corresponds with the President's Challenge, which helps people of all ages and abilities increase their physical activity and improve their fitness through research-based information and friendly motivation.

The United States Coast Guard Auxiliary's most important asset is its people. That resource is best preserved and most effectively utilized when auxiliary members are physically and mentally prepared for their duties and avoid unnecessary illnesses.

With this in mind, the First District Southern Region Health & Fitness Initiative - (HFI) "AuxFit Programs" was established to ensure and to facilitate better fitness and well-being, to encourage medical screening, proper nutrition, active lifestyle choices, obesity reduction, decreased tobacco use, and create meaningful opportunities for fellowship. With a focus on health education and preventative care, the Health & Fitness Initiative is designed to provide members with critical tools to empower them to take better control of their personal well-being. The goal is not only a healthier membership, but increased productivity, lower healthcare costs, improved recruitment efforts, enhanced job satisfaction, fellowship opportunities, and effective team work. This will help our members, individually and collectively, to better serve the needs of the United States Coast Guard and our community.

Although chronic diseases like obesity are among the most common and costly of all health problems, adopting healthy lifestyles can help prevent them. This initiative is aimed at keeping our members healthy. Select an activity to do in your area in NY, CT, NJ, MA or VT

Please Note: Links to other organizations are provided solely as a service to our members. Links do not constitute an endorsement of any organization and none should be inferred.

First District Southern Region is not responsible for the content of the individual organization or no way responsible or liable for guaranteeing the success of an intervention established as a result of any of these resources.

The following physical activities will provide substantial health benefits and fellowship opportunities for your flotilla.

Biking - <http://www.biketoworkinfo.org/>

Marathon - <http://www.active.com/running/half-marathon>

Sports - <http://www.chelseapiers.com/sc/>

Dancing- <http://www.92y.org/Uptown/Classes/Adults/Dance.aspx>

Martial-Arts - <http://www.usadojo.com/>

Yoga - <http://pureyoga.com/> or <http://bryantpark.org/plan-your-visit/yoga.html>

Skiing - <http://www.onthesnow.com/new-york/ski-resorts.html>

Paddle Boarding - <http://nysparks.com/parks/61/amenities-activities.aspx>

Jogging - <http://www.traillink.com/activity/running-trails.aspx>

Swimming - <http://swim.isport.com/swimming-pools/?&l=New%20York&k=&ct=US>

Basketball - <http://www.nycgovparks.org/facilities/basketball>

Football - <http://www.nycgovparks.org/facilities/football>

Soccer - <http://www.nycgovparks.org/facilities/soccer>

Pilates - <http://erikabloompilates.com/locations/>

Boxing - <http://www.boxinghelp.com/gyms.html>

Tennis - <http://www.tenniscourts.com/>

Sailing - <http://www.cedarpointyc.org/>

Kayaking - <http://www.greatoutdoors.com/published/top-paddling-schools>

Recreational Excursions - <http://www.vbt.com/>

Hiking - <http://www.americantrails.org/resources/statetrails/>