



KSC FITNESS CENTER

Latest news and bulletin updates

Monday,
July 10, 2026

KSC's Fitness and Health Education & Wellness (HEWP) Team

Brittany Freeman, Wellness Coordinator

Wellness Among the United States Military

There are so many good health awareness topics for July & August, including July's UV Safety and Autoinflammatory Awareness, and Children's Eye Health & Safety Awareness and National Breastfeeding Month for August. These topics are important, but an article on our military's health and wellness is irresistible after celebrating the 250th Birthday of the United States of America!

Recognizing the sacrifice required to establish the United States of America with freedom that has been maintained for 250 years should be the focus in celebrating our country's birthday. Hopefully this article highlights that military service is a sacrifice worthy of honor and support. As a result of this sacrifice, the average veteran experiences more health challenges than average, non-veteran U.S. citizens (Wang, Flores, & Flores-Lagunes, 2022).

There are several variables to consider when comparing the health & wellness of active military personnel & veterans with non-military citizens, like the era served, characteristics common among those who serve and number of deployments. A study analyzing the short- and long-term effects of U.S. veterans who served during the Vietnam war, accounted for the characteristics most prevalent in many who choose to join the military, hence the benefit of analyzing those who served during the Vietnam era when some served voluntarily (70%) and some complied to a draft (30%) (Wang, Flores, & Flores-Lagunes, 2022). However, differences in character did not seem significant in determining the health consequences following military service during the Vietnam era, but a prominent observation was the delay in which these health issues were recognized. Within about six years after serving, these veterans did not show significant health impacts from the military besides smoking status (Betancourt, et al., 2021). But, seven to 21 years after, significant findings of health issues were apparent, and became worse 22-38 years later, revealing a 27.3% increase in veteran versus non-veteran mortality in 2011 (Wang, Flores, & Flores-Lagunes, 2022). The health issues that increased significantly among Vietnam-era veterans included depression, diabetes and musculoskeletal conditions among other chronic conditions (Wang, Flores, & Flores-Lagunes, 2022). It's worth noting that smoking prevalence could have impacted these delayed health issues (Wang, Flores, & Flores-Lagunes, 2022), hence the importance of tobacco cessation and [support for harmful substance use among veterans](#).

As shown in the study of Vietnam veterans, many health consequences occur *after* military service. More specifically, the increase in health issues during or after the transition from active duty to veteran status is a common concern. Research has shown good social well-being and occupational well-being among veterans within a few months after the transition from active duty, as shown by how soon they find jobs, satisfaction, resilience and good work ethic. However, it seems common for difficulties adjusting to civilian life and dealing with chronic physical and mental health conditions to occur three or more months after active-duty departure. Health, including chronic pain, sleep issues, anxiety and depression are among the top concerns, and those who enlisted (versus



KSC FITNESS CENTER

Latest news and bulletin updates

Monday,
July 10, 2026

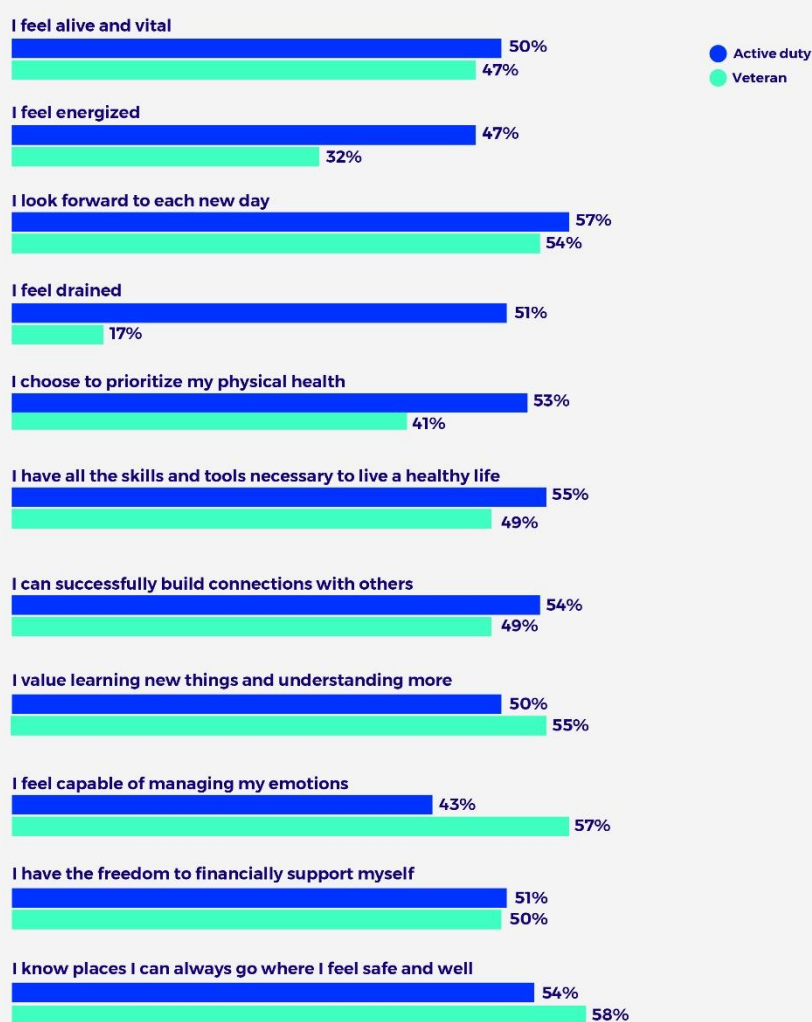
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commissioned officers) and deployed to war zones have had the most health issues. In general, data reviews indicate that veterans have self-reported a higher incidence of stroke, skin cancer, cancer, COPD, arthritis, kidney disease and diabetes (Betancourt, et al., 2021). There are also issues associated with specific eras of military service, including the Vietnam War, including the Cold War Era, the Gulf War, the Iraq War and Operation Enduring Freedom. Additionally, the availability of military personnel has decreased to support the number of military operations requiring deployment since the 1980s, increasing the amount of deployments per person (Betancourt, et al., 2021), likely to impact wellness significantly.

On a positive note, in a 2023 survey estimating vitality among U.S. citizens, The Cigna Group reported that active military members and veterans have more vitality than the average, non-military U.S. population. In this Cigna Group study, vitality was measured with a focus on eight dimensions (Group), which are also used to define wellness (Stoewen, 2017):

1. Emotional
2. Environmental
3. Financial
4. Intellectual
5. Occupational
6. Physical
7. Social
8. Spiritual

Veteran and active duty views on vitality





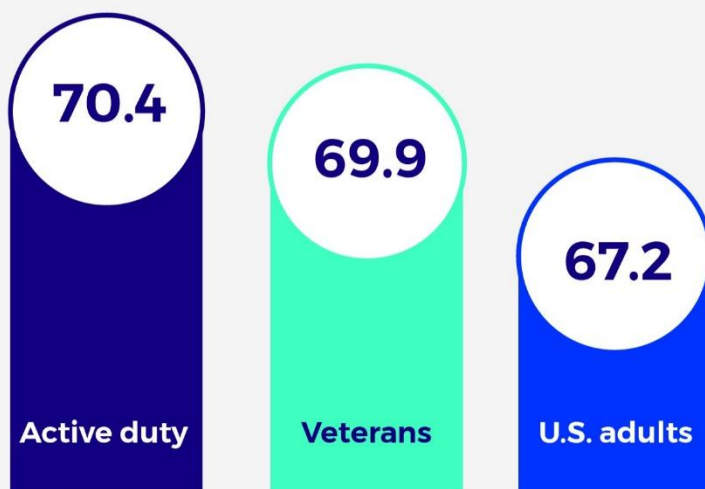
KSC FITNESS CENTER

Latest news and bulletin updates

Monday,
July 10, 2026

KSC's Fitness and Health Education & Wellness (HEWP) Team

Average vitality scores out of 100



Despite the challenges and negative health consequences many experience from military service, it can build resilience to handle life's challenges. Working U.S. citizens (military and non-military) have higher vitality (Group), which makes sense considering the components of vitality and wellness, with the overarching summation being a sense, or knowledge, of purpose.

Overall wellness is so much more than physical and mental health, and all the wellness components start to fall in place when the spiritual component (living for a purpose beyond oneself) is grasped. Living for something greater than oneself can alleviate some concern about personal issues, enabling more contentment and resilience. The military provides that sense of purpose, contributing to something larger than oneself, which is key to overall wellness!

Military service can provide resilience, purpose and selflessness to make sacrifices for an esteemed purpose, which increases the capacity to achieve overall wellness; but that does not result in super-powers immune to life's challenges. A significant part of achieving better health and wellness is acknowledging the need for help. As provided and encouraged in the U.S. military, teamwork and accountability are paramount for success! Many organizations 'want' to provide help with teamwork and accountability, like the [Wounded Warrior Project](#) (aims to provide overall wellness for veterans), [DAV](#), the [U.S. Department of Veterans Affairs](#), [NRD](#), [Florida Department of Veterans' Affairs](#) and [Military OneSource](#) to name a few. Additionally, Kennedy Space Center has an [Employee Assistance Program](#), dedicated to support our employees, which include many who are active duty and veterans.

Maintaining wellness during the transition from active duty to veteran status seems to be the prime time for challenges, possibly because the sense of contribution to a greater purpose decreases. So, finding, or realizing, an ongoing contribution to something bigger than oneself may help with overall wellness (mental, emotional, physical, social, occupational, financial, environmental and intellectual well-being). It is important to realize those who are



KSC FITNESS CENTER

Latest news and bulletin updates

Monday,
July 10, 2026

KSC's Fitness and Health Education & Wellness (HEWP) Team

serving and those who are being served can contribute to a purpose greater than self. Those who are being served or supported by others (like those struggling with the challenges of serving, or having served, in the military) provide that sense of purpose to those who get that opportunity to help.

Returning our focus to our recent celebration of the 250th Birthday of the United States of America, remember that serving for a purpose greater than ourselves resulted in the foundation and maintenance of this country!



Thank you for your service!

References:

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- Wang, X., Flores, C. A., & Flores-Lagunes, A. (2022, July 26). *The effects of Vietnam-era military service on the long-term health of veterans: A bounds analysis*. Retrieved from Science Direct: Journal of Health Economics: <https://www.sciencedirect.com/science/article/pii/S0167629625000189?via%3Dihub>



KSC FITNESS CENTER

Latest news and bulletin updates

Monday,
July 10, 2026

KSC's Fitness and Health Education & Wellness (HEWP) Team

Elevate Your Fitness with Group Exercise!

Looking to add energy and variety to your workouts? Our **Group Exercise Classes** are designed to help you build strength, improve flexibility, and boost endurance – all in a supportive, community-driven environment.

Why Join a Class?

- ✓ **Stay Motivated** – Energizing workouts led by expert instructors
- ✓ **Build Community** – Exercise alongside fellow KSC employees
- ✓ **All Levels Welcome** – Modifications provided for every fitness level

Class Lineup

- **Buffed & Balanced:** A strength-based class using body weight and optional weights for a total-body experience.
- **Stretch:** Improve flexibility, balance, and mobility through guided poses and movements.
- **Circuit Training:** A fast-paced, high-energy workout combining **strength, endurance, and cardio**.

New to Group Fitness?

No worries! Every class is beginner-friendly, and our instructors will guide you every step of the way. **Bring a coworker or friend** to make your workouts even more fun!



Picture Description: A diverse group of four fit individuals sits on a gym floor, engaging in a post-workout high-five and sharing smiles. The industrial-style gym setting features large windows and a relaxed atmosphere



KSC FITNESS CENTER

Latest news and bulletin updates

Monday,
July 10, 2026

KSC's Fitness and Health Education & Wellness (HEWP) Team

Find Your Class!

Visit the [Group Exercise Schedule](#) to explore class times, instructor details, and descriptions. This resource is updated regularly so you never miss a workout opportunity.

Monday-Friday midday classes are available in-person and on MS Teams:

Click Here to participate in Buffed & Balanced and Stretch class through MS Teams.

Click Here for previously recorded classes.

Click Here to request the outlook calendar series.

Let's move together, get stronger, and make fitness fun! See you in class!

NEW *Virtual* Balance Zone/Deskercise Class!

We have started a Virtual Balance Zone/Deskercise Class, replacing an in-person Balance Zone class at Logistics. This class is scheduled for Tuesdays and Thursdays, 11 - 11:15 am ET on [MS Teams](#). This 15-minute virtual class is designed to do in your office, a Balance Zone location, home, a hotel room and other similar locations. We aim to provide a convenient break for exercise, stretch & mobility with options for all fitness levels 🤗



KSC FITNESS CENTER

Latest news and bulletin updates

Monday,
July 10, 2026

KSC's Fitness and Health Education & Wellness (HEWP) Team

Expand Your Options with Ames Research Center's Virtual Fitness

We want to highlight Ames Fitness Center's virtual classes, available to all NASA employees. They offer a variety of classes, including many that we do not offer at Kennedy Space Center, including Cardio Step, Foam Roll & Stretch, and Cardio Kickboxing.

See their schedule below for all their classes, including their level of intensity.

NASA Ames Fitness Center Class Schedule					
Fitness coaching and individual fitness assessment are available upon request. See staff at the front desk.					
Session	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 6:00am-9:45am		Cardio Step with Marco 6:30-7:15		Cardio Step with Marco 6:30-7:15	
Fitness Center is closed from 9:45 am - 11:00 am for custodial services.					
Mid-day 11:00am-2:30pm	Cardio Blast with Marco 11:15-11:45 ■	Foam Roll & Stretch with Marco ●	Cardio Blast with Marco 11:15-11:45 ■	Foam Roll & Stretch with Marco ●	Cardio Blast with Marco 11:15-11:45 ■
	Tone Up with Marco 11:45-12:15 ■	CoreFit with Marco 12:00-12:30 ●	Tone Up with Marco 11:45-12:15 ■	CoreFit with Marco 12:00-12:30 ●	Tone Up with Marco 11:45-12:15 ■
	Yoga with Orion ●	Cross Training with Marco 12:30-1:00 ◆	Yoga with Orion ●	Cross Training with Marco 12:30-1:00 ◆	Yoga with Orion ●
Evening 2:30pm-	Tone Up with Orion ■	Yoga with Orion ●	Tone Up with Orion ■	Yoga with Orion ●	
	Cardio Kickboxing with Orion 5:30-6:00 ■	Cross Training with Orion ◆	Cardio Kickboxing with Orion 5:30-6:00 ■	Cross Training with Orion ◆	
● Low Intensity ■ Moderate Intensity ◆ Vigorous Intensity					



KSC FITNESS CENTER

Latest news and bulletin updates

Monday,
July 10, 2026

KSC's Fitness and Health Education & Wellness (HEWP) Team

The times in the schedule are Pacific Standard Time, possibly providing more options and convenience for many at Kennedy Space Center.

If you participate in any of the following classes, please complete [this survey](#). Fortunately, funding was secured for *this* year after plans were made to reduce the hours and staff at the Ames Fitness Center. Because we are not sure how long this funding will be approved, we ask for your support by attending their classes and completing the [survey](#).

The Ames Fitness Center has had a prominent impact on the health of our NASA family. Help us enable them to keep up the good work and save their fitness center!

Colin Andryc, Wellness Specialist

Colin's Kitchen

In this article, I am sharing five meals, and their macros, that I've eaten to reach my weight loss goals. I do not include non-starchy vegetables, like lettuce, onions and tomatoes, and flavorings with little to no calories (like hot sauce) in my total calories and macros counts. However, starchy plants, like corn, beans and potatoes, are counted. These meals supply about 1700 calories a day, and I recommend adjustments to get about one gram of protein per pound of body weight and the calories you need. If looking for beautiful and complicated dishes, you are reading the wrong article. I try to balance time, cost and satiety when choosing meals, and these are the ones often made in my kitchen. The following do not include how to cook the meals, but they are very simple recipes. Just ensure everything is cooked thoroughly!



For calorie and macro tracking, I utilize MyFitnessPal, but there are several to choose from, like Cronometer, MacroFactor, MyNetDiary, etc.



KSC FITNESS CENTER

Latest news and bulletin updates

Monday,
July 10, 2026

KSC's Fitness and Health Education & Wellness (HEWP) Team

Burger Bowl

Who needs buns? This deconstructed burger bowl takes the best parts of the hamburger without the additional calories of buns and add-ons. There are many ways to make a burger bowl, but the following includes the staple, normal burger bowl. If more desirable, or to change it up, low calorie BBQ sauce could be used instead of ketchup and light mayonnaise, and reduced fat cheese could be used instead of light mayonnaise. I like the addition of rice to add more volume, but more veggies could be added for volume too.

- 2 (3 oz. cooked/4 oz. raw) servings of 93% lean/7% fat Ground Beef or Ground Turkey 300 calories - 0g carbs - 16g fat - 42g protein
- $\frac{3}{4}$ cup of cooked white rice - 182 calories - 40g carbs - 0g fat - 3g protein
- 2 servings Low or No Sugar Ketchup - 30 calories - 8g carbs - 0g fat - 0g protein
- 2 servings Light Mayo 70 calories - 2g carbs - 7g fat - 0g protein
- Lettuce, tomato & onions - 0 calories

Total calories and macros: 582 calories - 50g carbs - 23g fat - 45g protein

Protein Spaghetti

This one is also easy and straightforward, and I cannot tell the difference between protein pasta and normal pasta anymore. Protein pasta (I use Barilla) has been a fantastic addition to my pantry. Even though the ground beef/turkey is still very lean, I still like to strain off additional fat.

- 2 (3 oz. cooked/4 oz. raw) servings of 93% lean/7% fat Ground Beef or Ground Turkey - 300 calories - 0g carbs - 16g fat - 42g protein
- 3 oz. Barilla Plus Protein Pasta - 285 calories - 57g carbs - 2g fat - 15g protein
- $\frac{1}{2}$ cup Marinara Sauce - 60 calories - 9g carbs - 2g fat - 2g protein
- 5g Parmesan Cheese - 20 calories - 0g carbs - 2g fat - 2g protein
-

Total calories and macros: 665 calories - 66g carbs - 22g fat - 61g protein





KSC FITNESS CENTER

Latest news and bulletin updates

Monday,
July 10, 2026

KSC's Fitness and Health Education & Wellness (HEWP) Team

Breakfast Wraps

This meal is usually paired with some Saturday morning cartoons while enjoying breakfast with my wife, Lindsey, as we plan errands needed for the day. I love egg whites. I am lazy when cooking eggs, using the microwave instead of the stovetop. I do 4 servings in a bowl and microwave them for 2.5 minutes. They always come out extra fluffy and delicious, and cooked without the added calories of oil! I prefer turkey sausage links over the patties, because they look exactly like my preference, pork sausage links, with less grease and oil.

- 4 servings of Egg Whites - 100 calories - 0g carbs - 0g fat - 20g protein
- 1 serving of Turkey Sausage Links (3 links) - 110 calories - 1g carbs - 7g fat - 11g protein
- 2 Low Carb Flour Tortillas - 140 calories - 38g carbs - 5g fat - 10g protein
- 1 ½ servings of Reduced Fat Fiesta Blend Cheese - 100 calories - 0g carbs - 8g fat - 11g protein
- Hot Sauce - 0 calories

Total calories and macros: 470 calories - 41g carbs - 20g fat - 52g protein

Hot Honey Chicken Sweet Potato Fries

This is my gameday meal (Go Spurs...Go Bucs!). I start making the chicken in the crockpot gameday morning and drain off the liquid when finished cooking to get similar calories and macros to grilled chicken. I cook sweet potato fries in an air fryer with a slight amount of cooking spray and just mix everything else into a bowl. Of all the meals included thus far, this one fills me up the most, and sometimes I need to put the fork down for a second.

- 2 (3 oz. cooked/4 oz. raw) servings of grilled/air fried Chicken Breast - 300 calories - 0g carbs - 9g fat - 50g protein
- 2 servings Great Value Sweet Potato Fries - 260 calories - 30g carbs - 12g fat - 4g protein
- ½ tablespoon of Honey - 32 calories - 9g carbs - 0g fat - 0g protein
- As much zero-calorie buffalo sauce as you want
- 2 servings Great Value Sweet Potato Fries - 260 calories - 30g carbs - 12g fat - 4g protein

Total calories and macros: 592 calories - 39g carbs - 21g fat - 54g protein



KSC FITNESS CENTER

Latest news and bulletin updates

Monday,
July 10, 2026

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Ninja Creami Chocolate Strawberry Ice Cream

Our anniversary gift from each other last year was a Ninja Creami, and it has become a staple in our kitchen. If you purchase one, it is a great, easy way to make sweet treats. Without a Ninja Creami, try freezing the milk in ice cubes, then blending the ingredients in a high-powered blender. This recipe can be dialed back for lower calories by leaving out the Neufchatel Cheese, but it provides more of the typical ice cream consistency.

- 1 1/8 servings of Fairlife Chocolate Milk - 158 calories - 15g carbs - 5g fat - 15g protein
- 1/2 scoop Strawberry Mutant Whey Protein - 75 calories - 4g carbs - 1g fat - 11g protein
- 1 serving vanilla pudding mix (w/sugar) - 90 calories - 23g carbs - 0g fat - 0g protein
- 1 serving Neufchatel Cheese - 70 calories - 2g carbs - 6g fat - 2g protein

Total calories and macros: 393 calories - 44g carbs - 12g fat - 28g protein



Thank you for stopping by Colin's kitchen. Don't let all your hard work at the Fitness Center fall by the wayside when you walk into the kitchen. The fork is much heavier than the barbell. Listen to your hunger cues and you may just be surprised by what your body tells you. This is not an advertisement for calorie tracking; for some, it's a powerful tool and for others, it can be a vicious cycle of mistakes staring back at you in the face. Feel free to stop by the Fitness Center front desk so we can talk about food (mostly healthy haha!).



KSC FITNESS CENTER

Latest news and bulletin updates

Monday,
July 10, 2026

KSC's Fitness and Health Education & Wellness (HEWP) Team

Kris Schweitzer, Wellness Specialist

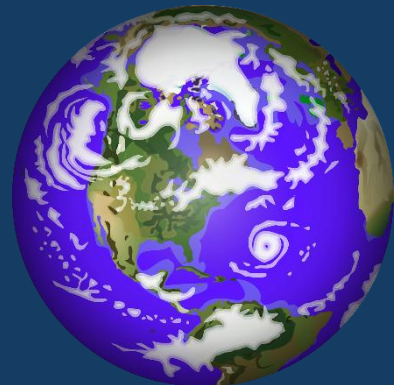
Hurricane Home Work-Outs

As we approach peak hurricane season, many of us have emergency preparation procedures already in place. But, what about our fitness plans? In the event you are displaced from your regular workout routine, do you have a plan to continue a fitness regimen? To help, I have created a series of high-energy exercise routines, corresponding to the different categories of hurricanes. My five unique circuit training programs were designed as home workouts that can be done essentially anytime and anywhere. These full-body workouts are focused on higher intensity, shorter duration movements with minimal rest between exercises. I have also designed each routine to incorporate body weight exercises, many of which can be made more challenging with the addition of weights.

CATEGORY 1

14 exercises/ 30 seconds each/ 1 set

- 1. Hand plank with repeated 2 shoulder taps & 2 cross knee-ups*
- 2. Dead bugs (30 sec per side)*
- 3. Forward lunges (30 sec per leg)*
- 4. Incline rows (door frame option)*
- 5. Shadow boxing*
- 6. Squats with calf raises*
- 7. Bird dogs (30 sec per side)*
- 8. Side plank (30 sec per side)*
- 9. Glute bridges (If doing single-leg - 30 sec, per leg)*
- 10. Jumping jacks*
- 11. Incline push-ups*
- 12. Reverse lunges (30 sec per leg)*
- 13. Scissor crunches (30 sec per side)*
- 14. Lateral plank walks (15 sec per direction)*





KSC FITNESS CENTER

Latest news and bulletin updates

Monday,
July 10, 2026

KSC's Fitness and Health Education & Wellness (HEWP) Team

CATEGORY 2

8 exercises/ 40 seconds each/ 2 sets

1. Flutter kicks
2. Push-ups
3. Skaters
4. Romanian dead lifts (double leg for 30 sec or single leg for 15 sec per side)
5. Penguin crunches
6. Running in place
7. V-ups
8. Curtsey lunges (30 sec per leg)

CATEGORY 3

6 exercises/ 45 seconds each/ 3 sets

1. Jump squats
2. Decline push-ups
3. Russian twists
4. Side lunges (alternating)
5. Dips
6. Bear crawls (repeating 2 forward & 2 reverse)





KSC FITNESS CENTER

Latest news and bulletin updates

Monday,
July 10, 2026

KSC's Fitness and Health Education & Wellness (HEWP) Team

CATEGORY 4

5 exercises/ 50 seconds each/ 4 sets

1. Spiderman push-ups
2. Bicycle crunches
3. Jump lunges (alternating)
4. Bird dog planks (alternating)
5. Broad jumps with backpedal

CATEGORY 5

5 exercises/ 1 minute each/ 5 sets

1. Burpees
2. Forearm plank hold
3. Wall sit
4. Inverted push-ups
5. Mountain climbers





KSC FITNESS CENTER

Latest news and bulletin updates

Monday,
July 10, 2026

KSC's Fitness and Health Education & Wellness (HEWP) Team

We Appreciate Your Feedback!

[Fitness Survey](#) - [Health Education & Wellness Program \(HEWP\) Survey](#)



The KSC Fitness Center Team

Kennedy Space Center Health Education & Wellness Program (HEWP)

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