



Physical Activity

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PTSD Awareness Month

Prescription for Recreation

It's nothing new that exercise is a great way to improve our physical and mental health.

Recreational Therapy (RT) adds function, quality, and meaning to one's life by lowering levels of anxiety and offering structured activities and social opportunities to create a sense of community, cohesion, and engagement among veterans.¹





What does RT look like²?

- Fun runs
- Yoga
- Triathlons
- Bike races
- Hiking/ruck marches
- Whitewater rafting
- Swimming
- Rock/ice climbing
- Skiing
- Deep sea fishing





How do I find a Recreational Therapist?

Recreation Therapy is provided throughout the Veterans Health Administration (VHA) healthcare system; services are provided for individuals and groups in acute, residential, outpatient, home based, and telehealth settings³.



- U.S. Bureau of Labor Statistics. (2023, January 24). Recreational therapists: Occupational Outlook Handbook. U.S. Bureau of Labor Statistics. https://www.bls.gov/ooh/healthcare/recreational therapists.htm#tab-2
- Collman , A. (2015, June 1). Recreational therapy: Helping Soldiers Cope With PTSD. National Recreation and Park Association. https://www.nrpa.org/parks-recreation-magazine/2015/june/recreational-therapy-helping-soldiers-cope-with-ptsd/
- 3. U.S. Department of Veterans Affairs . (2019, January 22). Rehabilitation and Prosthetic Services. Recreation Therapy Service. https://www.rehab.va.gov/rectherapy/index.asp#top



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Check out the calendar on other side to see what is going on this week

Find Your Community

Anxiety disorders can make it difficult to connect with others because it feels like no one understands, causing you to withdraw from your loved ones and social gatherings¹.

Below is a list of veteran organizations who understand the difficulties one can face in and outside of the military, and whose mission is to bring active duty, national guard, reservists, veterans, and their families together.

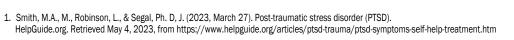
1. Irreverent Warriors. Irreverent Warriors bring a community of warriors together through therapeutic events, including silkie hikes, across the country. Irreverent Warriors also works with other veteran organizations who provide services such as job placement, training, housing, service dogs and more. Find out if there's an upcoming event near you! https://irreverentwarriors.com/events/



2. Team Red White & Blue (RWB). Team Red, White & Blue (Team RWB) provides real-life and virtual opportunities to veterans, active-duty members. and their families that are focused on building a healthier lifestyle. Download the Team RWB app to join the community and find an upcoming event near you. https://about.teamrwb.org/



3. Veterans Yoga Project (VYP). VYP is on a mission to support recovery and resilience among veterans, military families, and communities by offering training workshops, free online yoga & meditation classes, and local in-person classes. Pull out your yoga mat and book a free virtual yoga class on their website. https://veteransyogaproject.org/vyp-classes/#Online-Classes





Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you. "Bust The Myths!" Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage https://www.airforcemedicine.af.mil/Resources/Health-Promotion/



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Air Force Health Promotion HQ

Community **Events**

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health **Promotion Office**







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Monday	Tuesday	Wednesday	Thursday	Friday