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MILITARY ONESOURCE
CONNECTION

Keeping you informed about products and services 1-800-342-9647

Safe Sleep for Your Baby

Frequent moves and deployments can mean that military families need to create safe sleeping environments for their babies more often than their civilian counterparts do. Our new resource page pulls together the latest information on making sure your baby sleeps safely, including a blog from the Family Advocacy Program (FAP). Just go to **www.MilitaryOneSource.com** and click on "Tools," then "Health and Relationships," then look under "DoD Resources."

Are Taxes Stressing You Out?

Military OneSource is here once again to help reduce your stress with our customized version of the basic H&R Block at Home® electronic tax-filing product. This customized product allows for free federal filing and free state filing (up to three states). In addition, free telephonic tax consultations are available to help with tax-related issues. Like all Military OneSource resources, this service is *free* to active duty, Guard, and Reserve members and their families. To learn more and to access the program, go to **www.MilitaryOneSource.com** and click on the tax outlet on the homepage.

Getting Started on a Walking Program

The Surgeon General recommends that you get about 30 to 60 minutes of moderate walking in every day, or about 10,000 steps a day. These ideas can help you get started on a walking program or improve the quality of the walking you already do:

- **Track your walking every day.** Keep a record of how many minutes or the distance you walk every day for a week. Or get a pedometer and record the number of walking steps you take every day for a week.
- **Set walking goals for yourself.** Start with a vision of what you'd like to accomplish within a certain number of weeks or months. Then gradually work up to that goal by setting specific, measurable goals. For example, your first goal might be to walk for 10 minutes a day for the first week, then increase to 15 minutes a day the following week. When choosing your goals, consider working toward the Surgeon General's recommendations of at least 30 minutes every day, or 10,000 steps a day.

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This Coach Walks with You

Need a walking buddy? On our *Walking* audio, Miriam Nelson, Ph.D., a fellow of the American College of Sports Medicine and author of bestsellers about strength-training, talks about walking and weight loss; using a step-counter; walking do's and don'ts; walking with friends, relatives, children; getting started on a walking program; and ways to work up to 10,000 steps a day. Her ideas are helpful for beginners and for experienced walkers. You can order the free CD, listen online, or download into your MP3 player by entering "Walking CD" into the search box on the **www.MilitaryOneSource.com** homepage.

You Work Hard for Your Money

Our FTC ScamCasts Help You Keep It Safe

Service members know that being vigilant is critical to mission readiness. And being vigilant includes protecting your personal information and steering clear of scams that will rob you of your hard-earned cash.

Military OneSource's new podcast series *ScamCast with the FTC* arms you with the information you need to avoid the latest swindles, scams, and cons that target military members and civilians. Federal Trade Commission Attorney Carol Kando-Pineda narrates each audio, using her insider's knowledge to expose scams in the areas of:

- Business-opportunity and work-at-home offers
- Employment
- Charitable giving

- Home-foreclosure rescue
- Credit repair
- Online auctions

Kando-Pineda reveals the warning signs of each type of scam and tells you what questions to ask to make sure you don't become a victim of fraud.

To listen to the podcasts go, to **www.MilitaryOneSource.com** and click on "Online Community," then "Podcasts." Each podcast page includes articles and links to helpful resources, including a direct link to the FTC's complaint-reporting site for military members.

New podcasts are added regularly, so check back each month. Upcoming podcasts will take on health-care fraud and scams involving fitness products, pre-paid phone cards, international driver's permits, higher education, vacation offers, gas-saving products, and more.

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- **Build your endurance.** You can build your endurance gradually over several weeks by increasing your walking sessions by five minutes each time. For example, if you typically walk 15 minutes a day two times a week, you might commit yourself to walking more by walking 20 minutes three times a week and then working up to 30 minutes five times a week.
- **Increase your distance.** Gradually increase the number of steps you walk until you reach the goal of 10,000 steps a day. If you started with about 4,000 steps a day, increase your steps by 500 or 1,000 steps a day.
- **Boost your intensity.** A study published in the *American Journal of Preventive Medicine* shows that a walking rate of at least 100 steps per minute is considered activity of moderate intensity, and 3,000 steps in 30 minutes can get you started on a meaningful exercise program. You can use a wristwatch and your pedometer to determine your steps-per-minute walking rate. If you can't already walk 3,000 steps in 30 minutes, you can build up to it. Remember that it may be easier to increase your intensity for shorter periods at first. For example, you may find it easiest to work on building up to 1,000 steps in 10 minutes before increasing the intensity of your full workout to 3,000 steps in 30 minutes.

From the article "Walking for Exercise" available at www.MilitaryOneSource.com; go to "Find Information," then "Fitness and Health."

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Military OneSource

By phone, online, and face-to-face

You name it. We can help—24/7!

1-800-342-9647

Overseas: xx-800-3429-6477 (Country access codes can be found online)

Collect from Overseas: 484-530-5908 (Dial an international operator first)

En español llame al: 1-877-888-0727

About Military OneSource

This free 24-hour service from the Department of Defense is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues. Free face-to-face counseling in the local community (up to twelve sessions per issue) is also available to service members and family members. To reach the program call 1-800-342-9647 or access the Web site at **www.MilitaryOneSource.com.**

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