

MELVIN HARDY

Healthy Kappa Initiative



803-847-9545

www.bmskappas.com

mlhardy@costal.edu

"Rebirth, Reclaim, Recommit, by Leaving  
No Brother Behind"

## Healthy Kappa Initiative Memo

Greetings Brothers!! As we enter the second month of 2025, I thought it would be pertinent to execute a "check-in". So how are we doing on those New Year's Resolutions to live a healthier life? Are we eating cleaner and moderating our intake of foods high in fats and sugars? What about our exercise regimen? Have we been consistent? If you answer "No" to some of these don't worry. The truth is that it's a part of the journey. You are participating in behavioral changes, unlearning bad habits while learning new ones. With these questions in mind here are some tips for overcoming these barriers of change.

- 1.TIME:** "I just can't find the time to get a workout in" Instead of trying to fit in your workout, reverse it. Plan your day around your workout time. When we make our goals a priority, we can establish the one constant. Exercising around the same time everyday can help establish a new routine and soon needing to go becomes a lifestyle, not an option.
- 2.FINANCES:** "The gym is expensive. I need a trainer, but I can't afford one." Outside is free and open 24 hours a day, 7 days a week. You don't need the fancy workout clothes or the membership at the top gym. Going for a walk or jog for 30 minutes 3x a week is better than doing nothing.
- 3.SUPPORT:** "I'm trying but my family likes to eat out and don't always choose the healthiest foods." Try expressing to your family how much it means to you to reach your goal. Often creating this support also creates accountability partners. These are people (family, friends, fraternity brothers) that can check in on you and see how you are progressing. They can also show some tough love when you begin to drift back to what is comfortable.

Try implementing some of these tips and let me know how they work for you. In the meantime, remember "things of value don't come easy." Let's have a happy and healthy journey.

YITB,

  
Brother Melvin Hardy

Resident Trainer

NASM-CPT

NASM-CNC

Contact Us:

Email: bishopvillemanningshaw1911@outlook.com

Website: www.bmskappas.com

Copyright © 2025 Bishopville-Manning- Shaw AFB., All rights reserved.

Wellness, Strength, Achievement!