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Health Promotion and Wellness Friday Facts

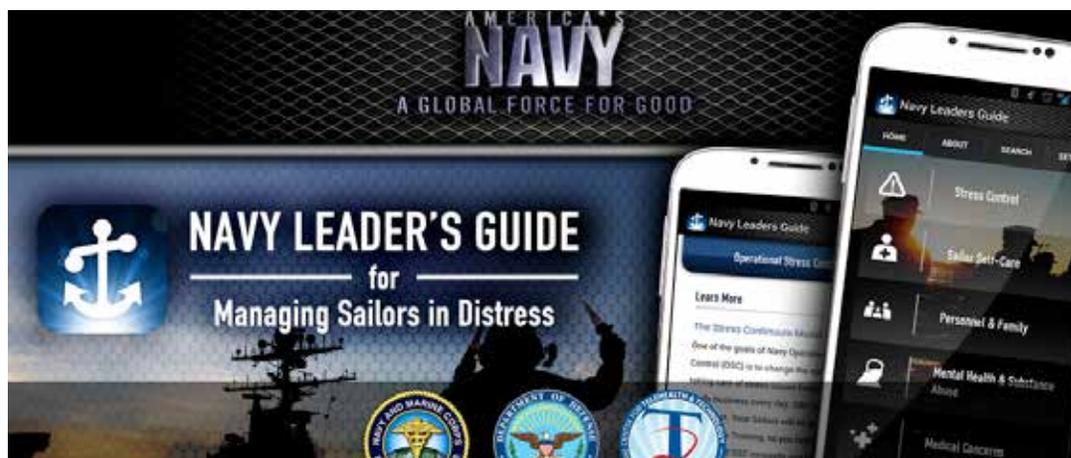


NAVY LEADER'S GUIDE MOBILE APP NOW AVAILABLE!



The Navy and Marine Corps Public Health Center (NMCPHC) recently released a smart phone application for the Navy Leader's Guide, an online handbook to help Navy leaders recognize and help Sailors displaying distressed behaviors. NMCPHC designed the original online version of the Navy Leader's Guide for Managing Sailors in Distress and has partnered with the Defense Department's National Center for Telehealth and Technology (T2) to develop the app.

Primarily used by Sailors in supervisory roles to help them identify Sailors who may be in distress, the Navy Leader's Guide provides information on operational stress control, suicide prevention, mental health, medical issues, and common problems that junior Sailors face along with supportive interventions, resources, and strategies as well as guidance for leaders when they are assisting a distressed Sailor. The app contains resources available in the online version in a format optimized for mobile devices, allowing leaders to take it with them anywhere they go - deployments, training missions, or as a quick resource while on the go in port. The app is currently available on [Google Play](#) and on the [App Store](#) and is also available on the [NMCPHC HPW website](#).



NAVY OPERATIONAL FITNESS AND FUELING SYSTEM (NOFFS) UPDATES



The NOFFS is introduced and promoted in every Command Fitness Leader (CFL) Course and has been for the last 1.5 years. Over 3,000 Navy Command Fitness Leaders and Assistant Command Fitness Leaders have now been introduced to the NOFFS Curriculum at the CFL Course. Since the Command Fitness Leader Course covers approximately 70% policy, CFLs are basically introduced to the NOFFS during the course and also participate in a NOFFS performance training session. They are also introduced to the Operational Fueling (nutrition component of NOFFS). For more information about NOFFS, visit the NMCPHC Active Living Website: <http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living.aspx>.



Chief Hospital Corpsman Allan Antonio, a command fitness leader (CFL), leads physical training in the hangar bay aboard the amphibious assault ship USS Boxer (LHD 4).

Register for the NOFFS Train-the-Trainer Course in Your Area: Upon completion of the CFL Course, it is recommended that CFLs register for their local installation's 4 – 6 hour NOFFS train-the-trainer course. For further information regarding this course, CFLs should contact their local MWR Fitness Center. Navy Health Promotion and Fitness Professionals are also invited to attend the NOFFS train-the-trainer course. To find a NOFFS certified trainer at your installation and to learn about an upcoming course, use the "find a trainer" link to locate your Navy region's qualified instructors at: http://navyfitness.org/fitness/noffs/locate_trainer/.

PHYSICAL FITNESS CAN HELP BUILD AND MAINTAIN RESILIENCE



There are both biological and psychological benefits to engaging in physical exercise and maintaining good physical fitness. Exercise helps to reduce the body's levels of stress hormones (chemicals such as cortisol that are released when a person experiences stress). Physical exercise also increases levels of the body's naturally occurring anti-depressant and anti-anxiety hormones (chemicals such as serotonin and dopamine). These chemicals can help protect a person from the negative effects of stress. In addition to the biological benefits, the increased self-confidence and self-esteem that can result from good physical fitness can improve a person's overall psychological and emotional well-being and endurance. Believing that one is capable of overcoming challenges improves resilience, or one's ability to recover after facing a challenge. Maintaining good physical fitness can result in the sustained ability to focus, think, reason and remember during times when a person is already fatigued. This ability is essential to keeping you and your shipmates safe in the work environment and ensuring mission readiness.

Information about how physical fitness boosts resilience can be found through the Real Warriors Campaign at: <http://www.realwarriors.net/active/treatment/physicalfitness.php>. To read a real life success story of how physical fitness has helped warriors cope with stress, visit the Naval Center for Combat and Operational Stress Control (NCCOSC) at: <http://www.med.navy.mil/sites/nmcsc/nccosc/serviceMembersV2/successStories/runningForTheScarletAndGold/Pages/default.aspx> and see how one Marine challenged himself by running. For more resilience and navigating stress resources, visit the NMCPHC HPW webpage at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/psychological-emotional-wellbeing.aspx> or the Navy Operational Stress Control blog at: <http://navynavstress.com/>.

MILITARY NUTRITION ENVIRONMENT ASSESSMENT TOOL (M-NEAT) WORKSHEETS NOW POSTED ON M-NEAT WEBSITE!



Worksheets have now been posted on the m-NEAT website to assist individuals in completing the m-NEAT assessment for their command or community. They can be found at the bottom of the page under “Publications and Resources” at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/m-neat.aspx>. Worksheets have been posted for all of the m-NEAT categories except for Dining Facilities (DFAC), (which should be

posted next week) including:

- Fitness Center
- Community
- Fast Food Restaurant
- Sit-down Restaurant
- Snack Shop
- Commissary
- Convenience Store
- Vending
 - Vending Physical Inventory
- Worksite

Questions regarding the m-NEAT should be sent to: nutrition@nehc.mar.med.navy.mil