



We've Got a New Look!
"Great Place to Serve" is our new approach that encompasses the Top 50 initiative. We will refocus the objective of the initiative to increase Sailor awareness of the training, education, and benefits of naval service that make our Navy a Great Place to Serve. Top 50 awards will remain a part of this new initiative and will serve as a metric by which to measure success. We look forward to your feedback on this new way ahead!

Navy Operational Fitness and Fueling Series Promoting Physical Fitness

The 21st Century Sailor and Marine program seeks to move away from a "culture of testing" to a culture of physical readiness. One way in which the Navy is accomplishing this physical readiness goal is through the Navy Operational Fitness and Fueling Series (NOFFS). NOFFS contributes to achieving the goals of strengthening PRT requirements and providing better nutrition options through its physical fitness training and nutritional plans including recipes and commissary shopping lists.

NOFFS is the result of a 2009 a study, conducted by Navy Subject Matter Experts (SMEs), in which existing exercise programs were reviewed with the goal of determining how to best improve performance and reduce training injuries among Sailors. From that study, the Navy Operational Fitness and Fueling Series (NOFFS) was launched. NOFFS is designed to provide the Navy with a "world-class" performance training resource for Sailors and Navy health and fitness professionals.

NOFFS uses the latest sports science methodologies, combining both human performance and injury prevention strategies, resulting in safer training which yields positive Sailor performance outcomes. NOFFS uses exercises designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling, and carrying. A complete fitness package, NOFFS also provides Sailors with the tools required to make healthy nutrition choices in both shore-based and operational environments.

NOFFS contains four specialized series tailored for use on submarines, surface ships, large decks, and for group physical training, designed specifically for real-world space and equipment limitations facing Sailors. The different location-based exercises provide Sailors three different levels of exercises that are based on current fitness capabilities.

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NOFFS Virtual Trainer

Virtual Trainer: Four Simple Steps to Get Started!

Step 1: Choose a Series
To begin, select the desired series.

Step 2: Choose a Level and Stage
Each series progresses through three levels of training, each with four stages (level and stage increase the intensity and volume of the training sessions). If you are new to the series, start with level 1 to become familiar with the movement skills and set a solid foundation for performance.

Step 3: How long do you want to work out?
Each program has three different lengths of workouts. Choose a workout time and follow the program that best fits your schedule. If you are new to the movements, the duration of the workouts may be slightly longer; however, as you become familiar with the movements, you will be able to complete the series in the allotted time.

Step 4: Start your Program!
Your training session will consist of five training components (see below). Work through each component to complete your training session.

Training Frequency:
It is recommended to try to complete three to four training sessions each week. On recovery days, you can include the Warm-up (PRT Prep & Movement Prep) and Flexibility routines to assist in the recovery process and prepare you for your next training session.

War of 1812: Physical Fitness

Shipboard life during the War of 1812 required a physically fit, young Sailor capable of hard work and agility. When not engaged in battle, sailing-era seamen had daily routines that included maintaining the ship and gun drills. After stowing hammocks, a Sailor might be tasked with cleaning the lower deck, washing the ship's side, coiling down the ropes, scrubbing, and holystoning the upper deck, attending to the rigging, exercising the guns, and practicing going to quarters. Thus a Sailor stayed fit performing his daily tasks and was physically and mentally prepared for battle.

Navy Operational Fitness and Fueling Series

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The Navy's operational environment places a unique combination of physiological and mechanical stress on the human body. This demand requires a systematic approach to physical preparation to ensure Navy personnel are operationally efficient and can sustain a productive, healthy career. NOFFS instructs individuals on how to train effectively and safely, and how to make healthy nutrition choices. Rather than focusing specifically on the Physical Readiness Test (PRT), NOFFS emphasizes how to improve the functional performance of a Sailor during daily operations, such as: lifting, pushing, pulling, carrying, aerobic/anaerobic demands, body movement skills with balance, agility, and coordination. The focus of the project is to optimize operational physical performance and fueling for Sailors while preserving Navy combat power. As the Navy is called to intensify operational tempo based on current worldwide mission requirements, it is imperative for Sailors to be physically fit. Physical fitness is an essential and critical component of operational readiness and meeting deployment schedules. Sailor resiliency and durability are the primary goals of the development and distribution of the NOFFS.

As Navy moves away from a “culture of testing” to emphasizing year round physical fitness to enable operational Readiness, NOFFS will play an important role. The series will continue to develop and change to offer challenging and effective routines and nutritional plans for Sailors. NOFFS stands as just another example of how Navy is responding to the needs and requests of Sailors to continue to be a Great Place to Serve.



Former Master Chief Petty Officer of the Navy (MCPON) Rick D. West participates in a Navy Operational Fitness and Fueling Series (NOFFS) session during a base CPO365 workout.

Information and Resources

1. Navy Fitness, Sports, and Deployed Forces Support site: <http://www.navyfitness.org/fitness/noffs/>
2. NAVADMIN Announcing NOFFS iPhone App: <http://www.navyfitness.org/uploads/docs/NOFFS%20NAVADMIN.pdf?nc=1236473046>
3. 21st Century Sailor and Marine: <http://www.21stcentury.navy.mil/default.aspx>
4. War of 1812 Commemoration: <http://ourflagwasstillthere.org>

A Letter from the Editor

Physical Readiness is an important factor to leading a healthy life and maintaining the ability to perform one's job. Sailors often find themselves in roles that are physically demanding while spending prolonged periods of time in spaces that can be less than ideal for physical activity, such as onboard a ship or within the confines of a submarine.

Navy Operational Fitness and Fueling Series demonstrates just another way that Navy is hearing the voices and needs of our Sailors; by developing exercises and nutritional programs that not only keep our fleet healthy and in good physical condition, but enabling them to better perform their physically demanding roles, no matter the constraints of their physical location. By developing the series with the assistance of Athletes' Performance Institute (API) in all aspects of program design, Navy sought out industry leaders to ensure Sailors are getting the same caliber physical fitness routines and nutrition plans used by professional athletes all over the world.

Navy recognizes the challenges, both physical and mental, facing Sailors during the course of their Navy career, and how that can impact their safety and ability to do their job. By promoting a culture of physical readiness through the 21st Century Sailor and Marine program, Navy demonstrates the physical health and safety of Sailors is of utmost importance, demonstrating yet again, why Navy is a Great Place to Serve.

Warm Regards,

Christina Holden

5 Things You Should Know about Navy Operational Fitness and Fueling Series

1. The NOFFS project goals are to:
 - Improve operational performance.
 - Provide foundational and performance nutrition guidance.
 - Decrease the incidence and severity of musculoskeletal physical training related injuries.
2. NOFFS moves away from the traditional fitness model of isolated, single joint resistance to integrated training systems based on movement, including:
 - Restoring Movement
 - Training Movement
 - Fueling MovementNOFFS represents this training system as a professional medium to take care of the Navy's greatest asset: its people.
3. The primary purpose of NOFFS is to provide a complete physical training program that will "eliminate the guesswork" for:
 - The individual Sailor who is participating in his/her personal, physical training program.
 - The Navy health and fitness professional who is interested in obtaining a readily-prepared comprehensive and biomechanically-balanced individual or group physical training program.
4. NOFFS has an app available on iTunes, developed as a partnership between Commander Navy Installations Command (CNIC) Navy Fitness Team, Center for Personal and Professional Development (CPPD), and Athletes' Performance Institute (API). The entire movement library, virtual trainer, virtual meal builder, and other educational materials are included. All exercises are illustrated clearly with professional photos, detailed performance instructions and video demonstrations. Nutrition guidance is also available through the virtual meal builder feature of the app.
5. For questions visit the FFR Application Support page at <http://support.navyffr.com/>

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Top 50 Awards

Spotlight: ERE Recruiting Award

Description: The ERE Recruiting award is your chance to share how your recruiting success is helping your business, and in many cases furthering the recruiting procession! Whether it is your career website, referral program, retention program, military recruiting program (a new category), branding initiative, or another talent strategy, this is your best chance to showcase what’s working at your organization!

This award is open to all in recruiting and other departments who are involved in talent acquisition. The following organizations may be considered: non-profits from any part of the world, government agencies from any nation, and small and mid-size companies are welcome to apply. Some winners and finalists are well-known, big name companies, but many others are smaller and become well-known through this process. Submissions from vendors on behalf of clients are not accepted. In your application, the certain programs and initiatives (such as a launch of a careers site) must be in place for six months prior to submission. You are allowed to enter in up to three categories. Awards will be given out in the following categories: Best College Recruiting Program, Best Corporate Careers Website, Best Employee Referral Program, Best Employer Brand, Best Retention Program/Practices, Most Strategic Use of Technology, Recruiting Department/ Function of the Year, and Best Military Talent Program.

NAVSEA was recognized for this distinguished award in March 2011 for its Wounded Warrior Recruiting Program as the single winner in the Best Military Talent Category. Navy Recruiting Command was a finalist in the Recruiting Department of this annual competition.

Application deadline: Submissions for this award will be accepted beginning January 2013. Please contact Todd Raphael at todd@ere.net for more information.

For more information visit: www.ereawards.com



Upcoming Awards

Unless otherwise noted, all organizations within the MPT&E Domain should notify the NIZ POC of their intent to submit at Top50@Navy.mil

Award	Deadline to NIZ	Important Dates
Disability Matters Award	Submission made directly to sponsor	Applications open mid December 2012
Best Places to Work Ohio	Submission made directly to sponsor	Application due to sponsor December 7, 2012
ERE Recruiting Award	Submission made directly to sponsor	Application due to sponsor January 2013

For a complete list of awards received to-date visit:

<http://www.public.navy.mil/bupers-npc/organization/bupers/Top50/Pages/AwardsToDate.aspx>