



# Plan of the Week Notes for May Physical Fitness Month

## Week 1

Current guidelines recommend at least 2.5 hours of moderate activity each week. While this can seem overwhelming, moderate physical activity includes more than just structured exercise programs or “gym exercise.” This includes things such as walking fast, biking, and taking the stairs instead of the elevator. These activities can be broken up throughout the day into 10 – 15 minute increments, so try a brisk walk at lunch and a bike ride after dinner! Visit the [Navy and Marine Corps Public Health Center’s Active Living page](#) for additional information and ideas.

## Week 2

Nutrition and physical activity are more important than ever if you are recovering from an injury or illness. Among other things, physical activity can increase your sense of well-being, decrease stress, lead to better sleep, strengthen muscles and bones, and decrease your chance of becoming depressed or improve your mood if you are already suffering from depression.<sup>1</sup> Physical activity has also been shown to improve physical functioning and numerous aspects of quality of life among individuals with cancer, as well as improve the symptoms of TBI and decrease the risk of PTSD symptoms.<sup>2-4</sup> Visit the [Navy and Marine Corps Public Health Center Wounded, Ill, and Injured Active Living page](#) for more information.

1. Roy T, Springer B, McNulty V, et al. Total force fitness for the 21st Century a new paradigm. *Military Medicine*. August 2010;175(Supplement):14-20. <http://www.dtic.mil/cgi-bin/GetTRDoc?Location=U2&doc=GetTRDoc.pdf&AD=ADA528391>. Accessed March 26, 2014.
2. Rock C, Doyle C, Denmark-Wahnefried W, et al. Nutrition and physical activity guidelines for cancer survivors. *CA Cancer J Clin*. July/August 2012;62:242-274. <http://onlinelibrary.wiley.com/doi/10.3322/caac.21142/full>. Accessed March 19, 2014.
3. Weightman M, Bolgla R, McCulloch K, et al. Physical Therapy Recommendations for Service Members With Mild Traumatic Brain Injury. *Journal of Head Trauma Rehabilitation*: May/June 2010;25(3):206–218. [http://journals.lww.com/headtraumarehab/Fulltext/2010/05000/Physical\\_Therapy\\_Recommendations\\_for\\_Servic\\_e.7.aspx](http://journals.lww.com/headtraumarehab/Fulltext/2010/05000/Physical_Therapy_Recommendations_for_Servic_e.7.aspx). Accessed March 21, 2014.
4. LeardMann C, Kelton M, Smith B, et al. Prospectively assessed posttraumatic stress disorder and associated physical activity. *Public Health Reports*. May-June 2011;126:371-383. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3072859/>. Accessed March 21, 2014.

## Week 3

Don’t waste your workouts! Optimal performance nutrition helps you maximize the results of physical activity and athletic performance, as well as promote recovery. An appropriate balance of



protein, carbohydrates, and fats are needed to replenish depleted glycogen stores, build and repair muscle, avoid injury, and transport vitamins. Check out the [Navy Operational Fueling](#) guide to learn more about how to fuel your body to reach its maximum potential.

## **Week 4**

Are you ready to take your workouts to the next level? Since 2011, the Navy Operational Fitness and Fueling System (NOFFS) has provided the Navy with a "best in class" physical fitness and nutrition performance resource that provides guidance to Sailors and Navy health and fitness professionals on how to physically train effectively and safely. For those who have taken advantage of this proven system and are ready for the next challenge, NOFFS 2.0 is now available! Designed as a progression to NOFFS, NOFFS 2.0 offers a Strength Series, Endurance Series, and Sandbag Training Series. The Regeneration Series is also available to assist with recovery or help alleviate any nagging aches and pains. For more information on how to take your fitness to the next level, visit the [NOFFS 2.0 website](#) or [download the mobile apps](#) to your iPhone or iPad.