



A complete resource for active living.

Personal excellence.

Exercise helps you reach your personal best. You look good, feel good and perform at your peak on and off the job. As a Navy resource for physical fitness, the Health Promotion and Wellness Department of the Navy Marine Corps Public Health Center offers you resources to help keep you active so that you can be at your prime physically, psychologically and operationally. We know how to get you moving and we know how to keep you fit. Whether you want to start a new exercise routine, refresh your workout regimen or train like a professional athlete, we can help you identify the workout program to help you meet your fitness goals.

Visit www.nmcphc.med.navy.mil/Healthy_Living to learn more about active living, including:

- ▶ 21st Century Sailor and Marine Initiative
- ▶ Navy Operational Fitness and Fueling System (NOFFS) Training
- ▶ Physical Activity and Physical Fitness Strategies, Information and Programs
- ▶ Policy & Instruction
- ▶ Links to Leading National Physical Activity Websites



To learn how our programs can help keep you fit for service and improve your overall health, visit us at WWW.NMCPHC.MED.NAVY.MIL/HEALTHY_LIVING



YOU MOVE. WE GUIDE.



Active Living Overview



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Exercise good judgment.

Physical activity is an important factor in healthy living. Engaging in a variety of moderate to intense aerobic exercise, muscle strengthening and functional body movement activities will help you:

- › Control your weight
- › Improve your energy level
- › Reduce your stress level and improve your mood
- › Strengthen your bones and muscles and reduce risk of injury
- › Improve your ability to do daily operational on the job or off the job activities
- › Reduce your risk of cardiovascular disease, type 2 diabetes and some cancers
- › Increase your chances of living longer

Get moving.

If don't exercise regularly, it's important to just get moving. Try brisk walking, bicycling, swimming, basketball, elliptical training, attending an exercise class, mowing the lawn or gardening to help you get started. Research shows that resistance training is necessary for muscular strength and endurance. Resistance training can be done in a variety of ways, including lifting free weights, stationary weights or sand bags, performing resistance band exercises or using your own body weight for resistance. Remember to include balance, agility and coordination activities in your workout to strengthen your functional body movement.

Refresh your workout.

Already exercising, but feel like you've hit a plateau with your fitness regimen? We can help you revitalize your workout by identifying new movements, activities and routines to help you feel challenged and reach your fitness goals.

Active Living Overview

Train like the pros.

We believe in the concept of “operational fitness” — personalizing your workout routine with exercises that mimic your job-related movements, so your workout activities relate directly to your job demands. We do this through our signature program, the Navy Operational Fitness and Fueling System (NOFFS). Geared toward individuals of all fitness levels, this program was developed in partnership with physical fitness experts who train the world's top professional athletes and sports franchises. It's comparable to and often safer than other high intensity workout programs. NOFFS combines both human performance and injury prevention strategies, resulting in more productive and safer training regimens. It also includes a nutrition component, so you have the tools to help you make healthy nutrition choices in shore-based and operational environments.

Our NOFFS workouts are based on a combination of training components, including:

- › Pillar Preparation (Injury Prevention)
- › Movement Preparation
- › Cardiovascular
- › Strength
- › Flexibility
- › Regeneration/Recovery
- › Body Movement Skills Training

Be active anywhere.

You don't need a gym to be active. Visit our website for workout routines that eliminate the guesswork and photos, videos and descriptions of exercise movements to help you exercise wherever you are. For additional help with creating, refreshing or amplifying your workout routine, contact the Health and Fitness coordinator at your Morale, Welfare and Recreation program or your local health promotion coordinator.

