



DEPARTMENT OF THE NAVY
CENTER FOR PERSONAL AND PROFESSIONAL DEVELOPMENT
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Shipmates,

It is my distinct pleasure to introduce the Navy's new performance training system: Navy Operational Fitness and Fueling System (NOFFS). This "world class" performance training system was developed using the latest sports science methodologies combined with the foundational operational movement patterns of Sailors. In March, the Secretary of the Navy recognized NOFFS as the Standardized Performance Training Readiness Resource for the 21st Century Sailor and Marine Readiness Plan. <http://www.21stcentury.navy.mil/physicalfitness.aspx> NOFFS is the next significant step in promoting a Navy Culture of Fitness.

NOFFS was initiated as a response to a demand signal from the Fleet to improve the operational performance of Sailors by linking fitness to their daily tasks, with due cognizance of space and equipment limitations. Lifting, pushing, pulling, and carrying require strength training, multidirectional movement training, movement preparation, cardiovascular training, and recovery training. The focus of this product is optimized **OPERATIONAL** physical performance and fueling (nutrition). NOFFS includes over 90 exercises that "eliminate the guesswork" for Sailors when exercising, with an underlying focus on the prevention of musculoskeletal injuries. The Fueling Series gives Sailors practical tools on nutritional fundamentals, meal planning, portion awareness, and energy management.

Navy implementation of NOFFS is occurring through various levels and means. Command Leadership School (CLS) began instructing prospective Commanding Officers and Executive Officers on NOFFS in June 2010. The Navy's Command Fitness Leader (CFL) curriculum is now instructing NOFFS during the course available to over 5,000 Navy CFLs and Assistant CFLs. In addition, over 125 Morale, Welfare and Recreation fitness experts are teaching NOFFS instructor courses Navy-wide at all primary Navy installations and large decks. Navy recruiting is utilizing NOFFS as a tool to introduce prospective Sailors to performance training, and several A Schools have incorporated NOFFS as a standardized component of their training practices.

NOFFS is also available to Sailors via the Commander, Navy Installations Command Fitness, Sports, and Deployed Forces Support website at www.navyfitness.org/noffs. The website provides the NOFFS system through a variety of media. Sailors can download illustrated exercise card and also have the option of viewing videos of each exercise to ensure correct technique. A NOFFS application for iPhone users is available, and a forthcoming capability will soon provide a NOFFS application for iPad users. Minimum space and equipment requirements make NOFFS ideal for road warriors and busy leaders.

This executive summary provides an overview of the program and methodology used in developing NOFFS. On behalf of Center for Personal and Professional Development and the many Navy partners supporting NOFFS development and execution, we thank you for your interest in promoting the Navy's Culture of Fitness and our efforts to support the "tactical athlete." We stand ready to provide any additional information or assistance you may require.

A handwritten signature in black ink, appearing to read "J. P. Newcomer", is positioned above the typed name and title.

J. P. NEWCOMER
Captain, U.S. NAVY
Commanding Officer
Center for Personal and Professional Development