



# May Health Promotion Toolbox

## Physical Fitness Month

### Activity Ideas

As a health information disseminator, you understand how important it is to ensure that the information and resources you distribute are relevant for your target populations. You want to provide physical activity materials that are easy to understand and follow. Below are a few ideas that you as a health promotion coordinator or health educator can conduct throughout the month:

### Provide Materials With Physical Fitness Information

- **Develop an information rack of materials or set up a physical fitness health display.**
  - Pack the rack with materials and resources from the [NMCPHC Physical Fitness Health Promotion Toolbox](#) to include fact sheets, brochures, and handouts.
  - You can also get information from [Navy Fitness](#), [Marine Corps Fitness](#), the [Human Performance Resource Center](#), and the [President's Council on Fitness, Sports, and Nutrition](#).
  - The materials should be placed in high traffic and high visibility areas such as building entrances, gyms, offices, and waiting areas. During the summer months, place the information rack outside the rooms used for the "101 Critical Days of Summer" stand downs.
  - People to invite:
    - If setting up a health display, promote the importance of physical fitness by having command level support at the event.
    - Ask your medical department to participate by having a medical provider present to answer questions about injury prevention and hydration requirements related to physical activity.
    - Ask your Command Fitness Leader to join and highlight the Navy Operational Fitness and Fueling System (NOFFS) training program and mobile apps, as well as local fitness programs and resources.
    - Invite your health promotion staff to provide information on physical fitness and local programs that can help Sailors, Marines, and civilian personnel increase their physical fitness.
- **Send out messages promoting physical fitness.**
  - Share resources that teach Sailors, Marines, and civilian personnel about the benefits of leading an active lifestyle. They'll learn how to incorporate physical



activity into multiple areas of their lives, such as regular fitness routines, family activities, household chores, and at their workplace.

- Visit the [NMCPHC Active Living Web page](#) for resources that promote physical fitness.
  - Share one message each week from the [Plan of the Week](#) with your command.
  - During command indoctrination, stand downs, and meetings, talk to your Sailors and Marines about the [moderate changes they can make](#) to meet their [daily physical activity requirements](#).
  - Help your Sailors, Marines, and civilian personnel [design a weekly plan](#) to meet their daily physical activity requirements.
- **Hang up posters to increase awareness.** Find posters that promote physical fitness on the [NMCPHC Physical Fitness Health Promotion Toolbox](#).

## Sponsor Physical Fitness Programs

- **Give presentations about the health benefits of physical fitness.** Ask a medical professional or health promotion staff to participate in the discussion.
- **Invite your Command Fitness Leader or Physical Trainer Coordinator to give a presentation on Navy or Marine Corps fitness programs** available to Sailors, Marines, and civilian personnel. Emphasize programs such as:
  - [21<sup>st</sup> Century Sailor and Marine Initiative](#)
  - For the Navy: [Navy Operational Fitness & Fueling System \(NOFFS\)](#), including the [NOFFS mobile apps](#), [Navy Fitness](#), and [Navy Physical Readiness](#).
  - For Marine Corps: [Marine Corps High Intensity Tactical Training \(HITT\)](#), [Marine Corps Fitness](#), and [Semper Fit](#).
- **Organize a daily program** such as a group that goes for a walk or run every day at lunch. You can also sign up your command for a social league to participate in activities such as bowling, softball, or kickball.
- **Organize a volunteer activity** such as house building or park clean up. Encourage participants to bring their friends and family.
  - Search for activities held on military bases as well as in your local community.
- **Organize a field day** where participants can bring their friends and family. Set up family-friendly outdoor games and encourage participants to bring healthy potluck dishes.
  - Connect with your base's recreational center to reserve a space.