



May – Physical Fitness Month

Commanding Officer's Memo

May is National Physical Fitness and Sports Month, and it is an opportunity for leadership in the U.S. Navy to further emphasize the relevance of safe and effective physical training practices at the command level. The human performance mission capability directly preserves and maintains the Command's operational sustainability. A physically fit Sailor is more readily able to withstand daily physical demands and psychological stressors that may be required to complete their tasks – both on and off the job.

What can leadership do?

1. Support OPNAVINST 6110.10J: Physical Readiness Instruction. After analyzing 122,805 Navy Health Risk Appraisal reports, it was identified that approximately 25% of Sailors do not exercise aerobically. In addition, 64% of service members were classified as overweight according to the Centers for Disease Control BMI standards for healthy adult (1). Listed are 2 suggestions for improving fitness practices at a command:
 - a. Command leadership support and personal active endorsement of physical training can improve exercise participation throughout the command. Support command physical training sessions.
 - b. Command Fitness Leaders (CFLs) and Assistant Command Fitness Leaders (ACFLs) are a significant part of offering a safe and effective exercise training program at the command. In addition to the [Navy's official CFL course](#), encourage CFLs to seek additional training and resources offered by the U.S. Navy. The command may contact their local Health and Wellness Coordinator or Fitness Coordinator for a listing of current classes/resources offered in your area.

2. Introduce the Navy Operational Fitness and Fueling System (NOFFS) at your command.
 - a. This “world class” performance training system was developed using the latest sports science methodologies combined with the foundational operational movement patterns of Sailors. The Secretary of the Navy recognized NOFFS as the Standardized Performance Training Readiness Resource for the [SECNAV's 21st Century Sailor and Marine Readiness Plan](#) (2).



- b. The focus of NOFFS 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 and foundational fueling (nutrition).
- c. NOFFS training has been offered at Command Leadership School (CLS) since May 2010 for the purpose of instructing COs, XOs, and CMCs about this system that eliminates the guesswork in a performance training program and also addresses key issues such as training in confined spaces with minimal equipment. For more information about NOFFS, visit the [NMCPHC Active Living website](#).

3: Ensure injury prevention efforts are incorporated into physical training practices. Injuries are the DoD’s #1 health impediment to readiness – both peacetime and combat (3). The Defense Safety Oversight Council (DSOC) recommends that the greatest reduction of lost duty days due to injuries across DoD may be achieved via mitigation efforts focused specifically on sports-and physical training related injuries (4). The U.S. Navy has come a long way in improving physical training practices during the past decade, and continued support in providing safe physical training practices will assist the Navy in reducing musculoskeletal injury rates while improving operational readiness.

Whether it’s assisting a Sailor in beginning an exercise program or advancing their current program, the NMCPHC is here to assist you and your command.

References:

1. [Navy and Marine Corps Public Health Center, EpiData Center Department. US Navy Annual Injury Report, FY 2012. Prepared February 2013.](#)
2. Secretary of the Navy 21st Century Sailor and Marine Plan. <http://www.21stcentury.navy.mil/Pages/PhysicalFitness.aspx>. Published 2012. Accessed 21 March 2013.
3. Jones, Bruce, Canhum-Chervak, Michelle, Sleet David. An Evidence-Based Public Health Approach to Injury Priorities and Prevention. *American Journal of Preventive Medicine*. 2010; 38(1S) S1 – S10.
4. [Defense Safety Oversight Council: Department of Defense Military Injury Prevention Priorities Working Group. Leading Injuries, Causes, and Mitigation Recommendations, February 2006.](#)