



Plan of the Week Notes for May

Physical Fitness and Sports Month

Week 1

- **Activities of Daily Living and Exercise:** Aim for at least 2 hours and 30 minutes of moderate activity each week. This includes things like walking fast, biking, and taking the stairs instead of the elevator. Moderate physical activity includes more than just structured exercise programs or “gym exercise”. Add activity into your day by participating in activities that you perform throughout the day or weekend that aren’t considered in “structured” exercise programming. Examples include gardening/mulching, painting, push-mowing, walking the dog, and yes.... even house cleaning --- chores like mopping, vacuuming, and cleaning the windows! These and many more regular daily activities really add up as calories expended during the day!

Week 2

- **Exercising in Confined Spaces:** Exercising in confined spaces is a common obstacle for many Sailors. Exercise can be performed – even in a tight space. On official travel, service members may have only the space of a hotel room for an exercise area; exercising on smaller operational platforms may also be a challenge. The Navy has developed a system that will guide service members in exercising in limited spaces using equipment that takes up little space. The Navy Operational Fitness and Fueling System (NOFFS) provides step by step guidance for a complete exercise program that can be performed in the space of a 5ft. x 5 ft. box! Follow this link to find out more: <http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/noffs.aspx>





Week 3

- **Muscular Exercise:** Do muscle-strengthening exercises at least 2 days a week. Be sure to strengthen all major muscle groups including the legs, hips, back, chest, stomach, shoulders, and arms. Sailors can use a variety of exercises and equipment – including using their own body weight as resistance (push-ups), resistance tubing, free weights or machines, suspension performance training, and even non-traditional equipment such as sand bags. Very light or light intensity exercise is best for older individuals or previously sedentary adults just starting to exercise. Two to four sets of each exercise, with anywhere between eight and 20 repetitions, will help adults improve strength and power. (ACSM Guidelines, Released 7/2011)

Week 4

- **Eliminating the Guesswork:** Not sure exactly what to do when you get to the gym or when you want to work out at home? Have you ever thought, “Which exercise should I do first? What types of exercises should I include in my personal exercise program? I know there is a science to exercise programming...” You are not alone! The US Navy worked with one of the leading civilian exercise programmers to provide you with an “eliminate the guesswork” program. The Navy Operational Fitness and Fueling System (NOFFS) is designed to provide you with a step by step workout, whether you want to exercise for 30 minutes, 45 minutes, or an entire hour! Follow this link to find out more: <http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/noffs.aspx>

