

Complete resources for active living.

Personal excellence.

Exercise helps you reach your personal best. You look good, feel good, improve your health, and perform at your peak on and off the job. As a Navy resource for physical fitness, the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department 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 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.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living.aspx to learn more about active living, including:

- ▶ 21st Century Sailor and Marine Initiative
- ▶ Navy Operational Fitness and Fueling System (NOFFS)
- ▶ Navy Fitness
- ▶ Active Living Downloads
- ▶ Command Fitness Leader Course
- ▶ Crews Into Shape Challenge

To learn how our resources and tools can help keep you fit for service and improve your overall health, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION

For more information on your local resources, contact:



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 you¹:

- ▶ Manage your weight
- ▶ Improve your energy level
- ▶ Reduce your stress level and improve your mood
- ▶ Strengthen your bones and muscles and reduce risk of injury
- ▶ Promote healing following illness or injury
- ▶ Improve your operational performance on the job and during activities off the job
- ▶ Reduce your risk of cardiovascular disease, type 2 diabetes, and some cancers
- ▶ Increase your chances of living longer

Get moving.

If you don't exercise regularly, it's important to just get moving. Try brisk walking, bicycling, swimming, basketball, elliptical training, attending an exercise class for beginners, mowing the lawn, or gardening. Research shows that resistance training is necessary for muscular strength and endurance.² Resistance training can be done in a variety of ways, including lifting free weights or sandbags, utilizing machine weights, and performing resistance band or body weight exercises.³

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 functional movements, activities, and routines to help you feel challenged and reach your fitness goals.

Train like the pros.

We believe in the concept of "operational fitness" — personalizing your workout routine with functional exercises that mimic your job-related movements, so your workout activities relate directly to your job demands. You can do this through the Navy's signature program, the Navy Operational Fitness and Fueling System (NOFFS). NOFFS instructs individuals on how to physically train, both effectively and safely, and how to make healthy nutrition choices in both shore-based and operational environments. The five different training programs seek to develop skills needed to perform at the highest levels by developing muscle strength, cardiovascular fitness, power, and flexibility. Exercises aim to improve operational functions, such as lifting, pushing, pulling, carrying, aerobic/anaerobic demands, and body movement skills with balance, agility, and coordination.⁴ NOFFS offers the following training series:

- ▶ Operational
- ▶ Strength
- ▶ Endurance
- ▶ Sandbag
- ▶ Regeneration

Be active anywhere.

You don't need a gym to be active. 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.

¹ Physical Activity and Health. Centers for Disease Control and Prevention. <http://www.cdc.gov/physicalactivity/everyone/health/index.html>. Published 2011. Accessed March 2015.

² Impact of resistance training on endurance performance. A new form of cross-training? National Institutes of Health. <http://www.ncbi.nlm.nih.gov/pubmed/9554029>. Published 1998. Accessed April 2015.

³ Muscular Strength. Human Performance Resource Center. <http://hprc-online.org/physical-fitness/training-exercise/exercise/cardio-strength-and-flexibility/muscular-strength>. Accessed March 2015.

⁴ NOFFS: Navy Operational Fitness and Fueling System. Navy Fitness. <http://www.navyfitness.org/fitness/noffs/>. Accessed March 2015.

