

## Complete resources for active living.

### Personal excellence.

Your personal best is in reach and active living can help you reach it. Active living during and post-recovery from a wound, illness, or injury may include performing functional movements and core-strengthening exercises required for completing daily activities effectively and injury free. It may include starting or modifying an existing workout program to improve your physical fitness. With the right regimen, you can improve your physical and mental health and accomplish goals you may have thought were out of reach. As a Navy and Marine Corps resource for active living, the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department offers you resources to help you find ways to be active. Whether your goal is to lift groceries with ease, find a workout regimen to get in shape, or train like a professional athlete to compete in the Warrior Games, we can help you meet your fitness goals.

Visit [www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-active-living.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-active-living.aspx) to learn more about active living, including:

- ▶ Adaptive Athletic Reconditioning and Warrior Athlete Reconditioning
- ▶ Navy Operational Fitness and Fueling System (NOFFS)
- ▶ Marines Corps High Intensity Tactical Training (HITT)
- ▶ Physical Activity and Physical Fitness Strategies, Information, and Programs
- ▶ Links to Leading National Physical Activity Websites
- ▶ Links to Physical Activity, Sports, and Recreation Programs and Organizations for Wounded, Ill, and Injured

To learn how our resources and tools can help facilitate recovery and strengthen resilience, visit us at [WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX).

For more information on your local resources, contact:



## YOU MOVE. WE GUIDE.



**Active Living for Wounded, Ill, and Injured Sailors and Marines**



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE



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## Let's get you moving.

You are resilient. You've already demonstrated that you can overcome challenges. Engaging in physical activity provides an opportunity for continued personal growth and achievement. Even if you are not exercising regularly, it's important to just get moving. This will lead to success throughout the continuum of active living, from performing daily activities with ease to competing as an athlete.

Adapting, adopting, and modifying various fitness exercises can also assist with recovery and overall physical fitness. To improve your everyday movements or "functional fitness," perform exercises that mimic those movements so your workout activities relate directly to your daily demands. Also include resistance training, balance, agility, flexibility, and coordination activities in your workout to strengthen your functional body movement and prevent secondary injury.<sup>1</sup> Speak with a health care provider to find out what movements they recommend for you.

## The core of it all.

The core is the foundation of the body's movement. You gain strength and stability from your core. Maintaining balance requires core strength. Running, lifting, or throwing a ball requires core strength. A strong core also helps prevent injuries. You can perform core strengthening exercises at any point in the active living continuum to improve fitness.<sup>2</sup>

## Exercise good judgment.

Physical activity is an important factor in successful recovery from a wound, illness, or injury, and for continued healthy living. Engaging in a variety of moderate to intense aerobic exercise, core and muscle strengthening, and functional body movement activities can help you<sup>3</sup>:

- Increase your sense of well-being.
- Decrease stress.
- Sleep better.
- Strengthen muscle and bones.
- Decrease your chance of becoming depressed, or increase your mood if you suffer from depression.

**Active Living for Wounded, Ill, and Injured Sailors and Marines**

## Athletic excellence.

Sports and recreation can contribute to successful rehabilitation from a wound, illness, or injury. Finding a sport you enjoy, such as basketball, cycling, or softball provides the opportunity to engage with others in a shared activity while working towards optimum physical fitness. If you're looking to take your fitness to the next level, you can train for an athletic competition to challenge your mind and body, optimize your fitness, and achieve excellence in performance.

## Start your journey.

Get ready to succeed on your physical fitness journey. We are here to support you and point you toward resources to optimize your athletic ability, whether your goal is to improve functional fitness, refresh a workout with a new or modified routine, become a competitive athlete, or return to active duty. If your goal is to return to active duty, the Navy Operational Fitness & Fueling System (NOFFS) and Marine Corps High Intensity Tactical Training (HITT) programs may be useful resources. NOFFS's five different training programs focus on developing muscle strength, cardiovascular fitness, and power.<sup>4</sup> HITT is a strength and conditioning program designed to enhance speed, power, strength, and endurance.<sup>5</sup>

Contact your health care team to determine what physical activities you can do safely and what to expect in terms of modifications, pain level, or uncomfortableness. Visit the NMCPHC website for additional information, resources, and workout ideas.

<sup>1</sup> Muscular Strength. Human Performance Resource Center. <http://hprc-online.org/physical-fitness/training-exercise/exercise/cardio-strength-and-flexibility/muscular-strength>. Accessed March 2015.

<sup>2</sup> Peak Performance: Core Strength. Human Performance Resource Center. <http://hprc-online.org/physical-fitness/training-exercise/exercise/cardio-strength-and-flexibility/peak-performance-core-strength-pdf>. Accessed March 2015.

<sup>3</sup> Roy T, Springer B, McNulty V, et al. Total force fitness for the 21st Century a new paradigm. *Military Medicine*. August 2010;175(Supplement):14-20. <http://www.dtic.mil/cgi-bin/GetTRD oc?Location=U2&doc=GetTRD doc.pdf&AD=ADA528391>. Accessed April 2015.

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

<sup>5</sup> High Intensity Tactical Training Program Methodology. Human Performance Resource Center. <http://hprc-online.org/physical-fitness/files/HITTMETHODLOGY.pdf>. Accessed March 2015

