



## **Navy Operational Fitness and Fueling System (NOFFS)**

### **Redefining Warm-Up – “Movement Prep”**

Movement Preparation is a training component designed as an efficient, systematic approach to help people prepare for the specific demands of the day’s training session. “Movement Prep” is a series of active and dynamic stretching involving movements that imitate those inherent to the activities for which you are preparing. Muscles are stretched through a series of controlled, active movements, holding them only for 1-2 seconds instead of an extensive period of time.

The movements prescribed in this training component have a focused purpose, and are designed to increase your core temperature; lengthen, strengthen, stabilize, and balance your muscles; and, as the name suggests prepare your body for the upcoming movement, providing the individual tremendous “bang for their buck.”

Movement Preparation also is effective in improving balance and body awareness, the ability to sense the position, location, orientation and movement of the body and its parts. This is important to create body awareness and control for every Sailor allowing them to start to understand how to control compensations and correct and coach themselves through the movement during the rest of their training session and in their operational life. The needs for balance and body awareness are great in operational life where Sailors are forced to deal with the pitching and rolling that come hand in hand with life at sea.



#### **Refining Movement Patterns (Unloaded)**

Movement Prep will allow Sailors to train their “muscle memory” and movement patterns through various planes of motion (linear/lateral/rotational) in an unloaded situation. This is vital for injury prevention and movement quality, helping to train Sailors out of any compensatory patterns. Because Movement Prep is a ritual that is done before each and every training session the accumulative time spent focusing on quality movement patterns is tremendous and highly effective. In fact, if a Sailor were to perform Movement Preparation for just 5 minutes, 4 days a week that would add up to 1,040 minutes of movement rehearsal each year!

For more information about NOFFS, visit the [NMCPHC Active Living Website:](http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living.aspx)  
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