



Navy Operational Fitness and Fueling System (NOFFS)

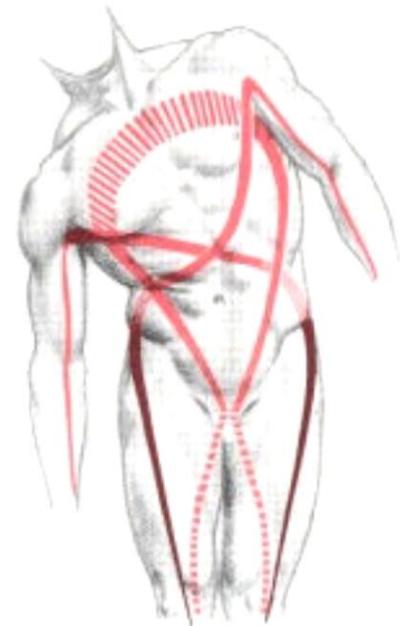
Pillar Preparation

Your pillar - which consists of your hips, torso, and shoulders - represents the foundation for all of your movement. All movement requires the production or absorption of forces; this force is then transferred throughout your body in order to execute the movement. Your pillar acts as a bridge to ensure the seamless transfer of energy throughout your body - its alignment and function directly correspond to the quality and efficiency of every move you will make.

If your pillar is compromised, energy leaks may occur throughout your body causing movement compensations which can quickly lead to aches, pain, and even injuries. It's important to realize that these energy leaks will also have a negative impact on the amount of power production in any given movement.

If you think of the body as a wheel, the pillar is the hub, and the limbs are spokes. We want to have the hub perfectly aligned so we can draw energy from it and effectively transfer energy throughout the body. It's impossible to move the limbs efficiently and forcefully if they're not attached to something solid and stable.

Pillar Preparation is a training component that is designed to strengthen the critical stabilizing muscles of your pillar: shoulders, torso, and hips. By performing Pillar Preparation at the start of your training session you are engaging, or "turning on" the muscles that will help protect, stabilize, and strengthen your pillar so that you are able to safely and effectively transfer energy throughout your body during the rest of your workout. On top of that, Pillar Preparation will give you a solid foundation which will allow you to perform your operational task at the best of your ability, all while reducing the chance of injury. A strong pillar will help keep you healthy and in peak form.



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):
<http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living.aspx>