

## A complete resource for active living.

### Personal Excellence.

Exercise helps you reach your personal best. You look good, feel good, and perform at your peak on and off the job. As a Marine Corps resource for physical fitness, the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center and your Semper Fit Health and Fitness Departments offer 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 we know 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](http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living) to learn more about active living, including:

- ▶ 21st Century Sailor and Marine Initiative
- ▶ Operational Fueling (nutrition) guidance
- ▶ Navy Operational Fitness and Fueling System (NOFFS)
- ▶ MCCS Semper Fit programs
- ▶ USMC Fitness Readiness Guide
- ▶ Physical Activity and Physical Fitness Strategies, Information and Programs
- ▶ Leading Industry Fact Sheets and Handouts
- ▶ Policy & Instruction
- ▶ Links to Leading National Physical Activity Websites



To learn how our programs can help keep you fit for service and improve your overall health, visit us at [WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION) and [WWW.USMC-MCCS.ORG/HEALTHPROMOTIONS/](http://WWW.USMC-MCCS.ORG/HEALTHPROMOTIONS/).



# YOU MOVE. WE GUIDE.



## Active Living Overview



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PREVENTION AND PROTECTION START HERE



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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 you:

- › Control 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 ability to do daily operational on the job or off the job activities
- › Reduce your risk of cardiovascular disease, type 2 diabetes and some cancers
- › Increase your chances of living longer

## Be Active.

Even if you exercise regularly, it's important to keep moving throughout the day. Try walking your dog, bicycling, swimming, basketball, elliptical training, attending an exercise class, or mowing the lawn to help you get started. Research shows that resistance training is necessary for muscular strength and endurance. Resistance training can be done in a variety of ways, including lifting free weights, stationary weights or sand bags, performing resistance band exercises, or using your own body weight for resistance. Remember to include balance, agility, and coordination activities in your workout to strengthen your functional body movement.

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

### Active Living Overview

## Train like a warrior.

Physical fitness is a key component of combat readiness. Successful completion of any mission, whether in a training environment or in combat, requires strength, muscular and cardio-respiratory endurance, agility and coordination. An effective combat conditioning program, such as Semper Fit's High Intensity Tactical Training (HITT) and the Aquatics Maximum Power-Intensity Training (AMP-IT), encompasses all of these physical fitness components as well as guidance on proper nutrition, injury prevention, and fatigue management. A balanced approach to physical readiness will assist you in consistently performing your best.

We believe in the concept of "operational fitness"—personalizing your workout routine with exercises that mimic your job-related movements, so your workout activities relate directly to your job demands. HITT is a Marine Corps program that was developed to do just that. HITT is a functional based combat performance enhancement program containing five integrated components<sup>1</sup>:

- › Injury Prevention
- › Strength and Power
- › Speed, Agility and Endurance
- › Flexibility and Core Stability
- › "Fueled to Fight" Nutrition

The USMC's HITT Program and the AMP-IT Program are designed to meet your combat and operational fitness requirements.

## Be active anywhere.

You don't need a gym to be active. Visit our website for workout routines that eliminate the guesswork and photos, videos, and descriptions of exercise movements to help you exercise wherever you are. For additional help with creating, refreshing, or amplifying your workout routine, contact your Semper Fit Health and Fitness Department.

<sup>1</sup> Human Performance Resource Center. High Intensity Tactical Training Program Methodology. <http://hprc-online.org/physical-fitness/files/HITTMETHODOLOGY.pdf>. Retrieved 29 April 2013

