

A complete resource for active living.

Personal excellence.

Your personal best is in reach. 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 activities of daily living (ADLs) 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 resource for active living, the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center 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 to learn more about active living, including:

- ▶ 21st Century Sailor and Marine Initiative
- ▶ Adaptive Athletic Reconditioning and Warrior Athlete Reconditioning
- ▶ Navy Operational Fitness and Fueling System (NOFFS)
- ▶ Physical Activity and Physical Fitness Strategies, Information, and Programs
- ▶ Policy and Instruction
- ▶ 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 programs can help facilitate recovery and strengthen resilience, visit us at 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 don't exercise regularly, it's important to just get moving. This will lead to success throughout the continuum of active living, from performing ADLs with ease to competing as an athlete.

Adapting, adopting, and modifying various fitness exercises will 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, and coordination activities in your workout to strengthen your functional body movement and prevent secondary injury. 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.

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 will help you:

- ▶ Recover successfully
- ▶ Control your weight
- ▶ Improve your energy level

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

- ▶ Reduce your stress level and improve your mood
- ▶ Strengthen your bones and muscles, and reduce risk of a new or re-injury
- ▶ Improve your ability to do daily functional activities
- ▶ Reduce your risk of cardiovascular disease, type 2 diabetes, and some cancers
- ▶ Increase your chances of living longer
- ▶ Enhance camaraderie with your peers, friends, and family

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, we can help you with our signature program, the Navy Operational Fitness and Fueling System (NOFFS). This program is geared toward individuals of all fitness levels, with a focus on safer training while yielding positive human performance outcomes. It's comparable to and often safer than other high intensity workout programs.

Contact your health care provider, the Health and Fitness coordinator at your Morale, Welfare and Recreation program, or your local health promotion coordinator to develop personalized fitness goals and revise them as you go through your fitness journey. Visit our website for additional information, resources, and workout ideas.

