



Navy Operational Fitness and Fueling System (NOFFS)

Recovery

Operational life is very demanding, both physically and mentally. The repetitive mechanics and constant pounding your body endures day in and day out can take its toll. If you do not allow your body to properly recover, you increase your injury potential, and eventually you could find yourself with nagging aches and pains that eventually lead to injury. Fortunately there are strategies you can implement to help your body recover, a process we refer to as regeneration.

It's important to realize that the things you do at rest are just as important as the work you perform. If you focus on having high quality rest and regeneration, you'll be able to get more return on investment from every step of your training. Recovery activities will relieve your body of aches and pains, decrease inflammation, and improve tissue quality. Within the Recovery training component we will focus on; increasing your flexibility, ensuring your body is balanced, and isolating and relieving built up tension within your muscles.

Flexibility

Instead of passive static stretching the movements prescribed in regeneration will use Active-Isolated Stretching (AIS) to reprogram your muscles to contract and relax through new ranges of motion, working to increase your flexibility. This type of flexibility work can be done using an 8 to 10 foot length of rope, or no equipment at all.

The movements that you perform will allow you to isolate the muscle to be stretched. You won't hold stretches 10 to 30 seconds, as in traditional stretching; instead you'll use the rope to gently assist the muscle's range of motion about 10 to 20 percent farther than your body would ordinarily allow and only hold 1-2 seconds. As you stretch the muscle you will exhale, releasing tension and getting a deeper stretch, actively moving your body through its full range of motion – then giving gentle assistance.



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>