

## Power Up Your Exercise Program



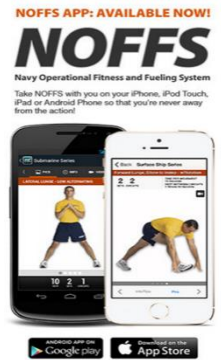
Being physically active is one of the most important things you can do to live a healthy life. Physical activity keeps your body and brain healthy. It makes you feel better, sleep better, function better and reduces the risk of injury, illness and chronic diseases. You will see and feel health benefits soon after you start exercising, even if you only begin with short bouts of physical activity. Regardless of your age, ability and fitness level, you can find an activity that works for you. There is something for everyone, so get up, get moving and check out one of these exercise programs.

### Aerobic and Strength Training

#### Navy Operational Fitness & Fueling System (NOFFS)

NOFFS provides a best-in-class physical fitness and nutrition program, removing the guess work for warfighters. It shows warfighters how to train effectively and safely, and how to make healthy nutrition choices both ashore and afloat. NOFFS also uses exercises that mimic job-related movements to prevent injuries.<sup>1</sup>

<https://www.navyfitness.org/fitness/noffs-training>



#### High Intensity Interval Training (HIIT)

HIIT is a type of cardio exercise that involves short, intense bursts of activity followed by periods of low-intensity activity or rest. HIIT training can be adapted to different fitness levels. It pushes your body to its limits during the high intensity periods, then allows for recovery during the low-intensity exercises or rest. There are many exercises you can do for HIIT such as cycling, running and body weight or weighted exercises.<sup>2</sup> HIIT can keep you from getting bored during your workout increase your cardio and calories burned, help you build muscle and enhance peak performance.

#### Water Exercise

Water Exercise provides a low impact activity for any fitness level. The buoyancy of the water takes the pressure off your bones, joints and muscles giving you a whole-body workout. Exercising in water gives you a natural resistance so you can increase the intensity of your workouts working every muscle group. HIIT can also be done in the water to increase intense full-body exercises challenging both strength and endurance.<sup>3</sup> The great thing about water exercise is that anyone can do it, even if you cannot swim, as you exercise in waist or chest high water.

#### High Intensity Functional Training (HIFT)

HIFT is often compared to HIIT as they share the high intensity component but are two different types of training. HIFT is made up of exercises that focus on functional movements we use in daily activities such as lifting, squatting, pushing, pulling, kettlebell swings, jumping and running for different durations that may or may not include rest periods. HIFT combines both aerobic and

muscle-strengthening exercises with the goal of providing a challenging, full-body workout to improved overall fitness and prepare you for everyday activities and improve physical readiness. HIFT can be adapted for any fitness level and elicits greater muscle recruitment than repetitive aerobic exercises, improving cardio endurance, strength and flexibility.<sup>4</sup>

## Fitness Boot Camps

Fitness Boot Camp programs are designed to challenge and push you to your physical limits. The exercises combine strength training and cardio such as kettlebell swings and rotations, push-ups, lunges, squats, jumping jacks and sprints. Boot Camps increase overall strength, endurance and agility, improving overall fitness. Classes can be set up in teams or circuit format with different levels of difficulty to adapt to all fitness levels.<sup>5</sup>



## Indoor Cycling

Indoor Cycling is a type of cardio exercise on a stationary bike that can be done individually or with a group. It provides you with low-impact, high-intensity workouts to improve cardio, build lower body strength and burn calories. Classes play upbeat music to take you through intervals of sprints, hills, climbs, and flat roads. The instructors coach and motivate you throughout your ride to keep you challenged and engaged. Indoor cycling can be adapted to all fitness levels and abilities and can be done using cycling apps or virtual online classes with a trained instructor.

## Suspension Training

Suspension Training uses a system of straps and handles typically attached to a secure anchor point like a ceiling or door frame. The straps allow you to suspend your body weight off the ground. This type of training develops the ability to control your body in unstable environments. You can adjust your body position to increase or decrease the difficulty of the exercise. Suspension training improves strength, core stability, flexibility and balance. Exercises include planks, lunges, squats, push-ups and rows. This type of training is very versatile as it can be performed anywhere there is a stable anchor point for the straps. Exercises can also be adjusted for different fitness levels.



## TurboKick

TurboKick is a super high energy, full body workout that is interval based with kickboxing-specific strength and endurance training sequences and easy-to-follow combinations. The kickboxing moves are arranged to heart pounding upbeat dance music for the ultimate workout party that will leave you dripping sweat. The classes end with a mind and body cool-down.

## Kickboxing

Kickboxing combines cardio exercises and kickboxing techniques for a full-body workout using pads or punching bags and high-intensity aerobic exercises like squat jumps or jumping jacks. Classes are fun but challenging workouts and, also, teach basic self-defense. Kickboxing improves cardio endurance, coordination and balance, while also building muscular strength and endurance. The exercises can be adapted for all fitness levels and modified for any physical limitations.

## Flexibility and Balance

### Zumba

Zumba is a dynamic fitness program with a blend of high energy dance moves and body sculpting with light weights to burn calories and increase flexibility. Zumba uses easy dance moves in interval training segments as fun Latin music is played, making it feel like a party!

### Pilates

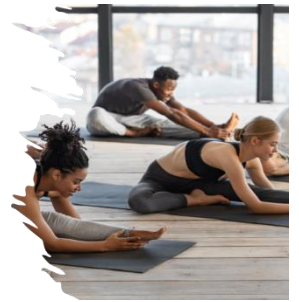
Pilates focuses on balance through core strengthening exercises, flexibility and body awareness. It offers easy movements through meditation, core, body and flow. Pilates classes can be taught using floor mats or using a small amount of equipment.

### Basic Yoga

Basic Yoga focuses on the most common yoga postures, breathing techniques, stretching, toning and relaxation. It combines standing and balancing poses, floor stretches and guided relaxation.

### PiYo

PiYo is a hybrid workout combining Pilates and Yoga. It focuses on principles of stretching, conditioning, strength training and dynamic movements set to music to provide a full body workout without straining your body. PiYo is low-impact and easy to do at home since it does not require equipment or weights. This workout targets the whole body, building lean muscle mass and flexibility.



### Barre Fusion

Barre is a total body workout that blends elements of ballet, Pilates, stretching and sports conditioning for a unique, fun experience. It focuses on evenly sculpting and transforming the whole body for a trim, toned physique. Barre is a low impact exercise program that improves, flexibility, balance, and muscle and core strength.

### Foam Roller

Foam rollers are light tubes of foam that come in different sizes. They are used to massage larger muscles groups such as the quadriceps, hamstrings, calves and back. Foam rollers improve flexibility and decrease muscle tightness, soreness and inflammation – helping the muscles to move smoothly during exercise. Foam rollers can be used as part of a warm-up to help loosen up the muscles.



## References

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- <sup>3</sup> Aquatic Exercise for Health: Probing the Depths of HIIT For Cardiometabolic Training. Nagle, E. F. Ph.D., FACSM; Sanders, M.E. Ph.D., ACSM-CEP, RCEP, CDE, FACSM; Becker, B.E. M.D., M.S., FACSM. ACSM's Health & Fitness Journal 23(4): p 14-26, 7/8 2019. [https://journals.lww.com/acsm-healthfitness/Fulltext/2019/07000/AQUATIC\\_EXERCISE\\_FOR\\_HEALTH\\_PROBING\\_THE\\_DEPTHS\\_OF.7.aspx](https://journals.lww.com/acsm-healthfitness/Fulltext/2019/07000/AQUATIC_EXERCISE_FOR_HEALTH_PROBING_THE_DEPTHS_OF.7.aspx). Accessed April 2023.
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- <sup>5</sup> ACE – American Council on Exercise: It's Time to Introduce Your Clients to High-intensity Functional Training by Lance C. Dalleck and Michael Braun CERTIFIED™: DECEMBER 2021 <https://www.acefitness.org/continuing-education/certified/december-2021/7985/it-s-time-to-introduce-your-clients-to-high-intensity-functional-training/>. Accessed March 2023.