



Let's Get Physical-ly Fit this May



Regular physical activity is one of the most important things you can do for your health. According to the Centers for Disease Control and Prevention, participating in regular physical activity can:

- Help you look good, feel good, and do good.
- Improve your energy level.
- Reduce your stress level and improve your mood.
- Reduce your risk for many chronic diseases, including heart disease, diabetes, and certain cancers.
- Strengthen your bones and muscles and reduce risk of injury.
- Potentially increase your life expectancy.

The good news is that most service members participate in regular physical activity. According to the 2012 Fleet and Marine Corps Health Risk Assessment, 75% of service members achieved the recommended amount of aerobic exercise and 81% get the recommended amount of strength training.¹ On the other hand, over 80% of the civilian population does not participate in recommended amounts of physical activity.² It is important to acknowledge and address the needs of both of these groups. Active duty members who are already physically active may be looking for ways to take their fitness routine to the next level, while the civilian population, including

Coming Soon: NOFFS 2.0

The Navy Operational Fitness and Fueling System (NOFFS) provides the Navy with “best in class” physical fitness and nutrition information, allowing the Navy to maintain peak physical readiness, which is a top priority of the 21st Century Sailor and Marine initiative. NOFFS provides Sailors with an evidence-based performance tool that will address injury prevention by physically training the movement patterns of operational tasks.

Check out the NOFFS webpage and smart phone and tablet applications for more information on NOFFS 2.0, which will include three new workout series, and regeneration series that helps facilitate recovery and mitigate nagging aches and pains. Each series provides various options for workout schedule, duration, equipment, recovery, and optimal fueling.



veterans, beneficiaries, and potential military recruits, may be looking for tips on how to get started or reinvigorate their fitness regimen.

Resources You Can Use

Please consider distributing the following resources to your audiences throughout the month of May. If you reuse or reproduce any of these materials, we request you please include the following attribution: "Content courtesy of the Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department" and [email](#) to let us know so that we may track the reach of our materials.

Article: High Intensity Interval Training: The Basics

Talk of HIIT and the associated benefits has been around for many years, and its popularity continues to grow. HIIT is short for high intensity interval training or high intensity intermittent training, and the concept is becoming increasingly popular among athletes and recreational exercisers alike. But what exactly is HIIT, and perhaps more importantly, is HIIT right for you? [Click here](#) to find out.

Article: Performance Nutrition 101

You put a lot of effort into your workouts, both the planning and execution, but inadequate nutrition can undo all of your hard work. Optimal performance nutrition can help take your physical fitness to the next level, and also assist with recovery and injury prevention. [Click here](#) to read more about how to optimize nutrition for physical performance.

Article: Fueling Your Workout

Maintaining a balanced, healthy diet will provide adequate energy to carry out activities throughout your day, repair from your last workout, and even perform a light to moderate 30- to 60-minute workout. If your next training session is going to last more than 60 minutes, additional energy will be needed before and during the workout to fuel your exercise, while careful consideration must be given to what is consumed immediately after to allow for optimal recovery. [Click here](#) to read more about how to properly fuel your workout.

Additional HPW Resources

Check out our additional resources! These innovative and evidence-based health promotion and wellness resources and services were developed to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles for Sailors and Marines.

- [HPW Campaign Homepage](#)
- [HPW Partnership Factsheet](#)
- [HP Toolbox](#)
- [Archived Webinars](#)
- [Reproducible Materials](#)

To learn how our programs can help keep your service members fit for service and improve overall health, please visit our [May Health Promotion Toolbox](#).





Blog post: The MRE™ – A Lesson in Performance Nutrition

You eat them when you're deployed or in training, and some people even claim to pick them up at the commissary for date night. They're your Meals, Ready-to-Eat™ (MRE™) ration, and deployed service members have been relying on them for more than 50 years. Since research and development of the MRE began in 1959, the MRE has improved significantly, mainly due to feedback on satisfaction from warfighters, but also because of technological innovation, and a better understanding of performance-oriented nutrition and operational mission performance demands. [Click here](#) to learn more about how the MRE is evolving to support your performance nutrition needs.

Social Media Messages

The following social media messages will direct you to resources for Sailors and Marines. Please feel free to share with your audiences. Like us on [Facebook](#) and follow us on [Twitter](#)!

Facebook and Twitter Messages for you to post:

Social media messages 1:



Did you know: More than 80% of bike commuters say they feel healthier & less stressed according to the League of American Bicyclists? How has biking improved your health? #BikeMonth #GetFit



#DYK: > 80% of bike commuters say they feel healthier & less stressed according to the League of American Bicyclists. #GetFit

Social media messages 2:



The weather is getting better. Tell us what you're doing to stay active this month! Walking, swimming, baseball? Even mowing the lawn or gardening can be a great kick start to activity! #GetFit



The weather is getting better. What are you doing to stay active during Fitness and Sports Month? #GetFit

Upcoming Training

Our education and training programs equip Navy and Marine Corps command personnel with the tools, education, and programmatic practice programs and interventions at the local command level. To learn more, visit our [Health Promotion training page](#).

Contact Us

Please let us know how we can help highlight your resources for service members, veterans, families, and health professionals. We welcome your [feedback and suggestions](#), and look forward to continued collaboration with your organization.





Social media messages 3:



Do you know the benefit to High Intensity Interval Training? Learn more: <http://go.usa.gov/82wh>
#GetFit

Social media messages 4:



How many minutes of moderate intensity aerobic activity do adults need every week?
A. 60 minutes
B. 100 minutes
C. 120 minutes
D. 150 minutes
Check back later today for the answer!

The answer to today's trivia is D! Adults need at least 150 minutes of moderate intensity aerobic activity each week. Also, do not forget 2 or more days that include muscle strengthening!
<http://go.usa.gov/827T> #GetFit



Adults need at least 150 minutes of moderate intensity aerobic activity each week.
<http://go.usa.gov/827T> #GetFit

Contact us if your organization would like to collaborate with us on social media messages or if you would like for us to share your messages on our [Facebook page](#).

1. Navy and Marine Corps Public Health Center EpiData Department. Fleet and Marine Corps health risk assessment 2012. http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/HRA/HRA2012_FINAL.pdf. Published April 2013. Accessed February 25, 2014.
2. Centers for Disease Control and Prevention. One in five adults meet overall physical activity guidelines. CDC Newsroom. <http://www.cdc.gov/media/releases/2013/p0502-physical-activity.html>. Published May 2, 2013. Accessed February 24, 2014.

