

NAVY FITNESS & NUTRITION GUIDE



WELCOME ABOARD

During the next few weeks or months, you will begin your initial training as a proud member of the United States Navy. Whether you are attending Officer Candidate School (OCS), Officer Development School (ODS), or Recruit Training Command (RTC), you will be expected to meet the Navy's fitness requirements. This guide is not designed to be a comprehensive physical training program that meets the needs of every individual. Rather it provides a basic template for you to use in preparation for the physical demands that you will be expected to meet at OCS/ODS or RTC and maintain a lifestyle conducive to long term health.

Future Sailors in the Delayed Entry Program (DEP) and OCS/ODS candidates will have the opportunity to participate in organized physical fitness sessions. For Future Sailors, these sessions are held at DEP meetings and led by Recruiting personnel. Your Recruiter will provide you with a schedule and times of these meetings during your 72-hour indoctrination. Although voluntary, you are strongly encouraged to participate in these sessions. These organized physical fitness sessions are designed to introduce you to a culture of fitness that is vital to the mission readiness of the United States Navy.

If you experience any pain or feel like your personal safety is ever at risk while participating in organized Physical Training, STOP and notify Recruiting personnel immediately. This program is designed to help you increase your level of physical fitness - not to cause injury or jeopardize your safety.

You will not be authorized to participate in any station level Physical Training unless you are within pre-accession body fat standards. Additionally, you must have a signed Hold Harmless Agreement in your DEP Training Folder or your Officer Residual File.

FOR YOUR SAFETY

Before your organized physical training, your Recruiter will be asking you a series of questions that are designed to ensure your safety. **These questions will need to be answered honestly.**

Pre-Physical Activity Question

1. Do you have chest pain (with or without exertion), bone or joint pain, high blood pressure or high cholesterol? If yes, have you been cleared by your medical provider to participate in PT?
2. Have you had a change in your medical status since the last time you were asked these questions?
3. Are you ill today or know of any medical condition that may prevent you from participating in physical activity today?
4. Do you know of any other reason why you should not do any physical activity?
5. Are you a female who could possibly be pregnant?

You must be dressed in attire suitable for physical training. (i.e., street attire, footwear not designed for running, vinyl/plastic clothing meant to enhance perspiration, etc.)

FITNESS AND NUTRITION PLAN

Introduction

This Fitness and Nutrition Guide provides basic guidelines for the three primary elements of a physical fitness program: cardio-respiratory activity, muscular strength and endurance exercises, and flexibility exercises. Research supports that participation in these activities prior to entering RTC, OCS/ODS will decrease your injury risk during initial training.

Nutrition Overview

Nutrition is vital in maintaining a healthy diet and providing your body with the proper nutrients needed for a lifestyle which promotes fitness and overall health. Excess weight and poor nutrition may lead to poor health and an increased risk of injury while you are at RTC, OCS/ODS.

Nutrition

In order to be physically fit, you must be nutritionally fit. This section provides guidance on properly fueling your body to achieve your performance goals. Nutrition is important in all that you do. Paying more attention to what you eat and drink, can improve your mood, energy level, self-confidence, physical and mental performance and overall health.

Your body is like a car. How well it performs is based on:

- Quality Fuel = Good Nutrition and Hydration
- How well it is Tuned = Exercise
- How much Drag Factor = Excess Weight



Here are some helpful guidelines to follow, all are referenced in the NOFSS discussed further in this guide.

- Eat Breakfast everyday
- Enjoy your food, but eat less. Avoid oversized portions
- Be active 60 minutes per day
- Eat three small, nutrient-dense, balanced meals and 2-3 small nutrient-dense snacks.
- Set realistic goals for fitness and weight loss: No more than 1-2 pounds of weight loss per week.
- Track your food intake on a food log, app or NOFSS meal planner
- Write down specific and measureable nutrition and fitness goals
- Stay hydrated. Drink a minimum of eight 8 oz glasses of water daily. Don't rely on thirst as a guide.
- Make half your plate fruits and vegetables. Choose three colors for every meal.
- Make at least half of your grains whole grains (look for the word "whole" as the first ingredient)
- Choose lean protein (non-fried chicken, fish, pork, beef, eggs, legumes or beans)
- Limit or avoid sugary beverages (soda, energy/sport drinks fruit punch)
- No more than one dessert or sweet per day (around 150-200 calories)
- Sleep 7-8 hours per night
- Never Give Up!

During the course of the day snacking on foods that provide a high amount of nutrients can help keep energy levels high and minimize performance degraders. Convenient performance snacks include:

- Whole Grains: plain instant oatmeal, high fiber crackers, whole wheat bread, 100 calorie popcorn
- Lean Protein: hummus, tuna, soybeans, hard boiled eggs, string cheese, lean deli meats
- Vegetables: cherry tomatoes, baby carrots, peppers, low sodium vegetable juice or soup
- Low Fat Dairy: Skim or 1% milk, soy milk, low fat yogurt, cottage cheese
- Fruit: apple, orange, banana, grapes, kiwi, strawberries, 1/4 cup of dried fruit
- Healthy Fats: nuts in 1 oz portions, seeds, peanut or almond butter

Meeting Weight Standards

If you need to lose weight, the most effective way is to make wise food choices and include regular physical activity. Diets and skipping meals do not work in the long run, and should not be attempted as a means of rapid weight loss!

The resources on the following pages will help you create and maintain a more effective meal plan. How much you eat will depend on your age, weight, activity levels and your performance goals.

How to Build a Sound Nutrition Plan: Secrets to Success

Build a Better Meal Plan

First, go to the virtual meal builder at:

<http://www.navyfitness.org/nutrition/noffs-fueling-series/virtual-meal-builder/>

To generate a meal template, enter your gender, goal (weight loss, maintenance or gain) and current weight. Choose "Build Meal Plan". Simply select from the available food choices within the breakfast, lunch, dinner, and snack times/periods of the day. The plan is based on exercising three to five times per week.

The meal template includes an appropriate amount of calories and food groups toward your goals.

The image displays two screenshots of the "Virtual Meal Builder" website, which is part of the "FITNESS, SPORTS AND DEPLOYED FORCES SUPPORT" program. The left screenshot shows the "3 Simple Steps to Get Started!" section, which includes fields for "Gender", "Goal", and "Current Weight". The right screenshot shows the "Build Meal Plan" section, which displays a list of food choices for "Breakfast", "Snack 1", "Dinner", and "Snack 3". The website also features a "SAFE Helpline" and "CNIC" logo at the bottom.

You may need to tweak the plan based on your response and changes in weight.

There is no magic pill or fad diet that will help you achieve the results that you desire to achieve. Following these simple steps will help you prepare physically for RTC, OCS/ODS:

PHYSICAL FITNESS OVERVIEW:

Physical fitness is an essential and critical component of readiness. Physical health and fitness is much more than the absence of disease. It is a state of being that includes strong, flexible muscles, tendons and joints and an efficient system for getting oxygen and nutrients to the body. An enhanced level of fitness is achievable by everyone, despite body type, family health history and past habits. As discussed previously a physical fitness program includes 3 primary components:

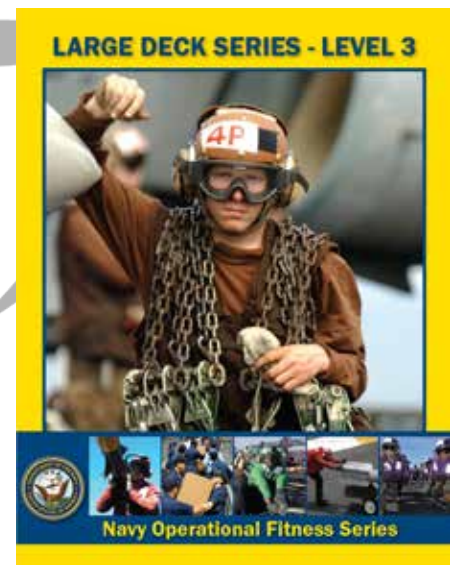
Cardio-respiratory activities: These activities include aerobic activities, such as running, walking, swimming, bicycling, or the use of cardio-fitness machines that help the heart, lungs and blood vessels become more effective at delivering oxygen and glucose.

Muscular Strength and Endurance: These activities include a variety of resistance exercises such as push-ups, curl-ups, squats, or weight training. Muscular strength and endurance activities help your muscles become stronger, giving them both the raw strength and ability to work repeatedly without undue fatigue.

Flexibility: Flexibility or stretching exercises are necessary to prevent injury to the muscles, tendons, ligaments, and joints while increasing efficiency through a full range of motion.

Workout System Introduction

The Navy Operational Fitness and Fueling Series (NOFFS) is designed to provide the Navy with a “world-class” performance training resource for Sailors. Using the latest sports science methodologies, the logic engine for NOFFS combines both human performance and injury prevention strategies, resulting in safer training while yielding positive human performance outcomes. The exercises used in the NOFFS product are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling and carrying. Developed as a complete fitness package, it includes Nutrition and Fueling information. All of the NOFFS resources can be downloaded from <http://www.navyfitness.org/fitness/noffs-training/operational-series/>. Utilize the virtual trainer or select the large deck series guides from the downloads section of this website and begin your progression with level one.





NOFFS Navy Fitness/Operational 1.3

Choose the **LARGE DECK SERIES**, choose from the Settings options your workout "Level: 1-3", "Duration: 30-60 Min", "Equipment", "Cardio options", and "Stage A-D". Complete the selected workout of Pillar Prep, Movement Prep, Strength, Cardio Conditioning, and Recovery-stretching.

You can progress through the 1, 2, and 3 LARGE DECK SERIES levels as your strength and cardio performance increases, while maintaining strict form for every exercise throughout the workout/series."

All the NOFFS phone APPs contains multiple workout guides with full motion video and points of performance recommendations for each exercise described in the workout.

Free NOFFS Apps are also Available for Download



NOFFS 2
Endurance
1.2



NOFFS 2
Sandbag
1.1



NOFFS 2
Strength
1.1



You can also choose the Cardio, Strength, and Regeneration Series for additional exercises and routines, however some of the exercises in these series may require some additional weight and regeneration equipment/tools to use in their entirety.

The Nutrition Meal Builder on the NOFFS APP will assist you in building a proper daily nutrition plan. Choose the **"Fueling"** option on the APP, then select the **"Meal Builder"**. Navigate to **"Settings"**, enter your Gender, Weight Goal, and Current Weight. Choose the foods options for each of the Grains, Proteins, Vegetables, Fruits, and Fats categories according to serving sizes listed. You'll easily build daily and weekly meal/snack plans, while keeping track of your calories and nutrient density.

Utilize the Nutrition Meal Builder on any of the NOFFS APPs to assist you in building a proper daily nutrition plan. Choose the "Fueling" option on the NOFFS Operational series APP, or the Meal Builder of the Strength, Endurance and Sand Bag series APPS. Simply input your Gender, Current weight, and Goal. You'll then utilize the Meal Builder choose the appropriate variety of Grains, Proteins, Vegetables, Fruits, and Fats categories according to serving sizes listed. You'll easily build daily and weekly meal/snack plans, while keeping track of your calories and nutrient density.

YOUR NAVY PHYSICAL READINESS TEST (PRT)

AT RTC, OCS/ODS

Navy PRT

The Navy PRT is a three-part fitness test that measures your overall Physical Fitness. The following section is an overview of the three events that comprise the PRT. The Navy PRT Score Categories are included on pages 9-11. You will be expected to score a "satisfactory" for your age group during Initial Training in each of the following three events that comprise the PRT.

(1) Curl-Ups:

Safe and Effective Abdominal Curl-Ups:

Curl-ups are a good exercise for strengthening the abdominal muscles. Curl-ups must be done with the knees flexed to 90 degrees. The abdominal muscles should be contracted. The head should be lifted off the floor and the trunk should curl into the sit-up position. Alteration of this technique may cause additional strain to the low back. It is necessary only to do a partial curl-up to provide maximal benefit to the abdominal muscles. A full sit-up may place additional stress on the lower back.

During the initial training physical regimen and during the Navy's semi-annual Physical Readiness Testing, curl-ups will be performed with your arms olded across the chest, and a partner will hold your feet to the floor. You will curl-up touching elbow to thighs and will then lie back touching shoulder blades to deck.

(2) Push-Ups:

Push-ups are a measure of your upper body strength (chest, shoulders and triceps). Always use correct form to prevent injury and to improve core strength and performance.

- 1: Start in the rest position. Assume the front leaning position with hands approximately shoulder width apart and feet together. The arms, back, buttocks and legs must be straight from head to heels and must remain so throughout the push-up.
- 2: Begin the push-up by bending the elbow and lowering the entire body until the top of the upper arms are parallel to the deck and the elbows are bent at a 90 degree angle.

Remember to keep the arms, back, buttocks and legs aligned throughout the push-up motion.

- 3: Return to the starting position by extending the elbows until the arms are almost straight. Do not lock your elbows.

(3) 1.5-mile run and/or walk:

This event consists of running or walking 1.5 miles as quickly as possible. Any combination of running or walking is allowed to complete event.

US NAVY PRT STANDARDS

Below you will find the Physical Readiness Test Standards you will be expected to meet while at RTC, OCS/ODS.

Performance		Points	Males: Age 17 - 19 years		
			Curl-ups	Push-ups	1.5 - mile run
Category	Level				
Outstanding	High	100	109	92	8:15
Outstanding	Medium	95	107	91	8:45
Outstanding	Low	90	102	86	9:00
Excellent	High	85	98	82	9:15
Excellent	Medium	80	93	79	9:30
Excellent	Low	75	90	76	9:45
Good	High	70	81	68	10:00
Good	Medium	65	71	60	10:30
Good	Low	60	62	51	11:00
Satisfactory	High	55	59	49	12:00
Satisfactory	Medium	50	54	46	12:15
Probationary		45	50	42	12:45

Performance		Points	Females: Age 17 - 19 years		
			Curl-ups	Push-ups	1.5 - mile run
Category	Level				
Outstanding	High	100	109	92	9:29
Outstanding	Medium	95	107	91	11:15
Outstanding	Low	90	102	86	11:30
Excellent	High	85	98	82	11:45
Excellent	Medium	80	93	79	12:00
Excellent	Low	75	90	76	12:30
Good	High	70	81	68	12:45
Good	Medium	65	71	60	13:00
Good	Low	60	62	51	13:30
Satisfactory	High	55	59	49	14:15
Satisfactory	Medium	50	54	46	14:45
Probationary		45	50	42	15:00

Performance		Points	Males: Age 20 - 24 years		
			Curl-ups	Push-ups	1.5 - mile run
Category	Level				
Outstanding	High	100	105	87	8:30
Outstanding	Medium	95	103	86	9:00
Outstanding	Low	90	98	81	9:15
Excellent	High	85	94	77	9:45
Excellent	Medium	80	90	74	10:00
Excellent	Low	75	87	71	10:30
Good	High	70	78	64	10:45
Good	Medium	65	66	55	11:30
Good	Low	60	58	47	12:00
Satisfactory	High	55	54	45	12:45
Satisfactory	Medium	50	50	42	13:15
Probationary		45	46	37	13:30

Performance		Points	Females: Age 20 - 24 years		
			Curl-ups	Push-ups	1.5 - mile run
Category	Level				
Outstanding	High	100	105	48	9:47
Outstanding	Medium	95	103	47	11:15
Outstanding	Low	90	98	44	11:30
Excellent	High	85	94	43	12:15
Excellent	Medium	80	90	40	12:45
Excellent	Low	75	87	39	13:15
Good	High	70	78	33	13:30
Good	Medium	65	66	28	13:45
Good	Low	60	58	21	14:15
Satisfactory	High	55	54	20	15:00
Satisfactory	Medium	50	50	17	15:15
Probationary		45	46	16	15:30

Performance		Points	Males: Age 25 - 29 years		
			Curl-ups	Push-ups	1.5 - mile run
Category	Level				
Outstanding	High	100	101	84	8:55
Outstanding	Medium	95	100	82	9:23
Outstanding	Low	90	95	77	9:38
Excellent	High	85	91	73	10:15
Excellent	Medium	80	87	69	10:30
Excellent	Low	75	84	67	10:52
Good	High	70	75	60	11:23
Good	Medium	65	62	51	12:15
Good	Low	60	54	44	12:53
Satisfactory	High	55	50	41	13:23
Satisfactory	Medium	50	47	38	13:45
Probationary		45	43	34	14:00

Performance		Points	Females: Age 25 - 29 years		
			Curl-ups	Push-ups	1.5 - mile run
Category	Level				
Outstanding	High	100	101	46	10:17
Outstanding	Medium	95	100	45	11:30
Outstanding	Low	90	95	43	11:45
Excellent	High	85	91	41	12:30
Excellent	Medium	80	87	39	13:00
Excellent	Low	75	84	37	13:23
Good	High	70	75	30	14:00
Good	Medium	65	62	26	14:30
Good	Low	60	54	19	14:53
Satisfactory	High	55	50	18	15:23
Satisfactory	Medium	50	47	15	15:45
Probationary		45	43	13	16:08

MAXIMUM WEIGHT FOR HEIGHT CHART

Men Maximum (pounds)	Members Height (Inches)(Fractions rounded off to nearest whole inch)	Women Maximum (pounds)
127	57	127
131	58	131
136	59	136
141	60	141
145	61	145
150	62	149
155	63	152
160	64	156
165	65	160
170	66	163
175	67	167
181	68	170
186	69	174
191	70	177
196	71	181
201	72	185
206	73	189
211	74	194
216	75	200
221	76	205
226	77	211
231	78	216
236	79	222
241	80	227



For more detailed information about the Navy PFA/PRT ask your recruiter or refer to the Navy's official PRT app.

INJURY PREVENTION

Injury Prevention during Physical Training:

The Navy's Initial Training injury rates are largely due to personnel arriving in poor physical condition. The goal of this fitness and nutrition guide is to provide you with guidelines for exercise so that you improve and not cause overuse, excessive overload that leads to injury or illness. Overuse problems commonly occur at the beginning of a new exercise program and account for the majority of injuries. The body and muscles must be given time to gradually adapt to the new demands of a physical activity program. The first few months of a new physical conditioning program are the most critical.

Injury Prevention Overview:

Participation in physical exercise offers many benefits; these benefits far exceed the risk of injury. When you exercise, you intentionally use certain muscles to increase their strength and endurance. It is common to feel minor aches and soreness as your body adapts to these efforts. While injury is possible in any exercise program, following safety guidelines to prevent injuries and participating in a sensible strengthening and stretching program generally decrease risk of injury for those who participate in physical fitness programs. When beginning a physical training program, **IT IS IMPORTANT TO GRADUALLY INCREASE YOUR EXERCISE INTENSITY AND DURATION**. When in doubt about your physical activity program, it is better to cut back and take it easy rather than to do too much too soon.

- The one physical fitness component that stands out in virtually all studies for the prevention of injuries is aerobic fitness. Studies show that being aerobically conditioned prior to entering initial training will greatly decrease your chances of getting injured. The lower the initial level of fitness when beginning training, the greater the risk of experiencing training related injury.
- Though being aerobically conditioned is important for the prevention of injury, aerobic exercises such as running have the potential to cause injury through repetitive, forceful impact against hard surfaces. During your aerobic conditioning efforts, it is recommended to participate in different types of aerobic activities to prevent injury occurrence. Remember to gradually increase your exercise intensity and duration.
- When ligaments, tendons, muscle, and bone are strengthened through muscular exercise, risk of injury is decreased. Strong, flexible muscles and ligaments can better withstand the stress of many forceful landings during a workout. Many aerobic activities tend to develop strength in only a few groups of muscles, leaving others weak. For example, running strengthens quadriceps while not developing hamstrings. Flexibility programs may decrease risk of injury. When tight muscles restrict the natural range of motion of a joint, the slightest unusual twist can cause a strain or pull. Inflexibility may also cause overuse injuries because inelastic muscles transfer excessive stress to even less flexible areas of the body.

Common Injuries during Initial Training:

The five primary injuries most commonly incurred by personnel during Navy initial training schools include the following: ligament sprains, muscle strains, shin splints, stress fractures, and runner's knee, also known as Iliotibial Band Friction Syndrome (ITBS).

These types of injuries, can affect your successful completion of initial training. To reduce the likelihood of injury train smart, rest and recover from previous exercise sessions, hydrate properly for the conditions and environment and eat a balanced diet.

Web Resources:

Navy Operational Fitness and Fueling Series <http://www.Navyfitness.org/fitness/noffs>

Virtual Meal Builder <http://www.navyfitness.org/nutrition/noffs-fueling-series/virtual-meal-builder/>

Navy and Marine Corps Public Health Center Healthy Living http://www.nmcphc.med.navy.mil/healthy_living/

Choose dietary supplements wisely <http://www.hprc-online.org>

Balanced Nutrition <http://www.choosemyplate.gov>