



RHUMB LINES

Straight Lines to Navigate By



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Culture of Fitness

"Fitness is one of the many elements of readiness. Our Sailors need to be fit to fight."

– Master Chief Petty Officer of the Navy (SS/SW) Rick West

The Navy's culture of fitness encourages a mission-ready force by sustaining an effective physical readiness program which enables year-round health and well-being.

Benefits of Physical Fitness

Mission readiness and operational effectiveness are built upon physical fitness of the individual; therefore it is crucial that all Navy personnel maintain personal physical readiness through regular exercise and proper nutrition.

- Regular physical activity has a number of proven positive health benefits to include improved heart health, lower blood pressure and a decreased risk of osteoporosis, diabetes, colon cancer and stroke.
- Physical fitness encourages mental health benefits such as improved sleep, energy and stress relief.

Physical Fitness Readiness Program

- The Navy manages its [physical readiness program](#), utilizing [OPNAV instruction 6110.1H](#), to support a fit, fully capable and mission-ready force. Recent policy updates are summarized in NAVADMIN [247/09](#).
- In order to ensure Fleet readiness, it is a leadership responsibility to provide opportunities for Sailors to maintain their physical fitness
- Through command and deckplate leadership, the number of Sailors with three PFA failures in four-years has decreased by more than 50 percent when comparing the first cycle of 2009 with the first cycle of 2008.
- Navy offers significantly reduced or free gym memberships at most military installations, offering access to state-of-the art exercise equipment, fitness and nutrition programs.
- To support sustained healthy living, an [online guide](#) to fitness, nutrition and injury prevention is available.

2009 Navy Physical Readiness Quick Poll

- [Leaders are setting the tone](#) for their Sailors with more than two-thirds of Sailors reporting their command leadership supports physical training, leads by example when it comes to physical readiness and reflects the image of a physically fit Sailor.
- More than 85 percent of respondents report they have adequate access to physical fitness facilities and equipment, primarily at their duty station.

Navy Operational Fitness and Fueling Series (NOFFS)

- The Center for Personal and Professional Development (CPPD), has developed [NOFFS](#) to provide Sailors and Navy health and fitness professionals a world-class performance training resource offering specialized guidance.
- This new fitness and nutrition system has been designed especially for the mobile, operational lifestyle of Sailors, and focuses on proper exercise, injury prevention and nutrition.
- NOFFS will be a component of the education track that will be required by more than 6,000 command fitness leaders (CFL) and assistant CFLs Navy-wide by the end of 2010.

Key Messages

- A culture of fitness must be fostered at every level to encourage year-round physical activity and proper nutrition in order to maintain healthy Sailors with optimal physical and mental readiness.
- Regular physical activity has numerous proven mental and physical health benefits and is promoted by the bi-annual physical fitness assessment.
- The physical readiness program promotes sustained mission readiness.

Facts & Figures

- The Chief of Naval Operations cycled in the [Ride 2 Recovery Florida Challenge](#) Dec.17.
- Lt. Cmdr. John Mertzler [placed first in the 34th annual Marine Corps Marathon](#), with a run time of 2 hours 21 minutes 47 seconds.
- Petty Officer 3rd Class Eric Olmstead [broke the bench press world record](#) at the 2009 World Powerlifting Federation Championship, lifting 352.74 lbs.