



Navy Operational Fitness and Fueling System (NOFFS)
Staff Training Manual

Presented by:



NOFFS Staff Training Instructor Guide

Purpose:

The purpose of the NOFFS Staff training is to educate all front-line staff on the NOFFS program and to better assist customers with questions regarding NOFFS. It also provides the opportunity for staff members to familiarize themselves with all of the tools and applications used to access NOFFS.

Course Instruction:

Length of course: 2hr course (one hour classroom/tools; one hour practical lab)

Course Instructor: NOFFS certified instructors ONLY

Course Participants: All front-line staff. Additional personnel are authorized to participate in the course as determined by the Fitness Director. Any Navy Fitness personnel that has direct contact with customers.

Course Completion criteria: All course participants must attend the 2 hour course in its entirety. If participation in the practical lab is not possible (i.e. medical conditions), participants must stay to observe.

Materials needed:

Presentations: Intro to NOFFS and NOFFS Tools & Applications

Front desk NOFFS Self-Reference Binder

Fit Kits

Post-Course

Log all trained personnel in local command training log.

Forward completed course roster to CNIC N921 via email/fax.

Notify CNIC Navy Fitness of any concerns or questions.

Navy Operational Fitness and Fueling System

Staff Training Agenda

- **Background information**

What is NOFFS?

- **NOFFS Applications**

Virtual Trainer/Meal Builder/ NOFFS app

- **Reading the Card sets**

- **Promoting NOFFS to customers**

- **Practical Application**

Group Training Workout (Level 1, Phase A)

- **Feedback**





Navy Operational Fitness and Fueling System (NOFFS) FAQs

1. What is NOFFS?

NOFFS (Navy Operational Fitness and Fueling System) is a complete fitness and nutrition program tailored to meet the needs of every Sailor. NOFFS includes four training programs: the Operational Series, Strength Series, Endurance Series, and Sandbag Series. All programs include warm-up, strength, cardio, and flexibility exercises.

2. Who can participate in NOFFS?

Anyone! With certified trainers at all installations, as well as the virtual trainer and meal builder on the Navy Fitness website (www.navyfitness.org/fitness/noffs) and availability of the NOFFS app, anyone can access the NOFFS system.

3. Where and when is NOFFS available?

You can find all class times/locations on the local MWR Navy Fitness. Let me show you right here.

4. If classes are not available, how can I access NOFFS?

Go to <http://navyfitness.org/fitness/noffs/>. Using the virtual trainer, you can build your workout to meet your specific needs.

If you have a smart phone, an iPad or an iPod, you can download the NOFFS app in their respective app stores. Our NOFFS app is free and available for everyone. The Droid app will be available in late Spring 2014.

5. What makes NOFFS different from the other classes already offered?

NOFFS is the COMPLETE package. It includes all components of fitness (strength, cardiovascular fitness, flexibility, agility, and functional training). Plus, NOFFS includes a Regeneration and Nutrition component...vital components to performance and recovery.

6. How do I get a fit kit? How do I get a sandbag?

If you would like to use one for today's workout, you can check one out right here.

If you would like to purchase one, the NEX has fit kits available in their sporting goods section.

Sandbags are currently available at all fitness centers. Let me get one for you right now.

7. Is NOFFS for everyone?

Yes. Individuals of all fitness levels can participate in NOFFS. NOFFS offers three levels and four stages of difficulty. An individual can vary the difficulty by the types of equipment that they choose to use (dumbbells, tubing, cardio equipment, sandbag, body weight).

8. I don't have much time to work out. Can I effectively work out with limited time?

Absolutely! NOFFS series include multiple options for time; options for 30 min-75 mins are available, depending on the particular series that you choose to use. Using the virtual trainer, choose the series you wish to use, choose a level/stage, and select the time you want to work out. The virtual trainer will instantly build the program specific to your needs. Because these movements may be new to you, it may take a few extra minutes your first few times.

9. I have never seen some of these exercises before. How do I find out how to execute them correctly?

You can access pictures and videos of all movements through the Movement Library on the Navy Fitness website or ask a certified NOFFS trainer.

10. Will NOFFS help me to pass my PFA?

Absolutely! A recent NOFFS Research Project team proved that NOFFS works and works well when it comes to passing your PFA. Participants in the study showed significant increases in their performance on all events, plus a reduction in their BCA. NOFFS provides all of the key components of fitness and nutrition to help you reach your goals.

11. I want to learn more about NOFFS, how can I become an instructor for my command?

Our NOFFS instructors offer a NOFFS course for any one that is interested. Our next available course is

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Talking Points: Navy Operational Fitness and Fueling System (NOFFS)

- NOFFS provides the Navy with the “best in class” physical fitness and nutrition performance information.
- NOFFS consists of 4 individual series: Operational (the Foundation), Strength, Sandbag, and Endurance developed to target all populations and goals.
- In the Operational Series, exercise sessions can be tailored to the operational environment (Submarines, Large Deck, Small Deck, Group Training), available tools (fit kits, dumbbells) and time restrictions (30 min, 45 min, 60 min).
- Navy Fitness, along with multiple other Navy entities, partnered with EXOS to design a program that provides the Navy the same functionality and caliber of program design used by professional athletes from all over the world.
- Launched in 2010, Navy Fitness has certified over 100 instructors from every region, making NOFFS accessible to every Sailor across the Navy enterprise.
- NOFFS can be accessed anywhere in the world via the Navy Fitness website (www.navyfitness.org), laminated card sets or the new iPhone, iTouch, iPad application available at the App Store. Droid app will be available in late Spring 2014.
- NOFFS offers a fueling component that allows users to plan their meals according to their goals (weight loss, weight maintenance, weight gain). Nutrition guidance is available through the Virtual Meal Builder on the NOFFS app and the Navy Fitness website (www.navyfitness.org).
- All exercises are illustrated clearly with professional photos, detailed performance instructions and video demonstrations.
- NOFFS provides Sailors with an evidence-based performance tool that addresses injury prevention by physically training the movement patterns of operational tasks.

For more information, please contact local NOFFS Instructor



Navy Operational Fitness and Fueling System (NOFFS) :

Promoting from the Front line

Helpful tips for promoting NOFFS from the front desk:

- Have group exercise schedule available at the front desk; inform all new members of the scheduled days/times of NOFFS classes along with key talking points.
- On day of class, remind members when they check-in that a class is scheduled and to try it out.
- 15 minutes prior to start of NOFFS class, use intercom to announce start time of class and welcome all members to join.
- Have fit kit and card set on display at front desk or within close vicinity.
- Participate in a NOFFS class to better share your experience.