



Navy Operational Fitness and Fueling System (NOFFS)

As Navy Fitness staff members, it is important to know about all of the great programs and initiatives that are out there; one of those great programs is NOFFS. To maintain our commitment to our customers, we want to ensure that all staff members can comfortably address any questions that may be asked when it pertains to NOFFS. Over the next two hours, we are not only going to provide you with background information of NOFFS, but will provide you with the practical experience of not only how to use the tools/applications, but give you the opportunity to experience it first hand with a NOFFS workout.

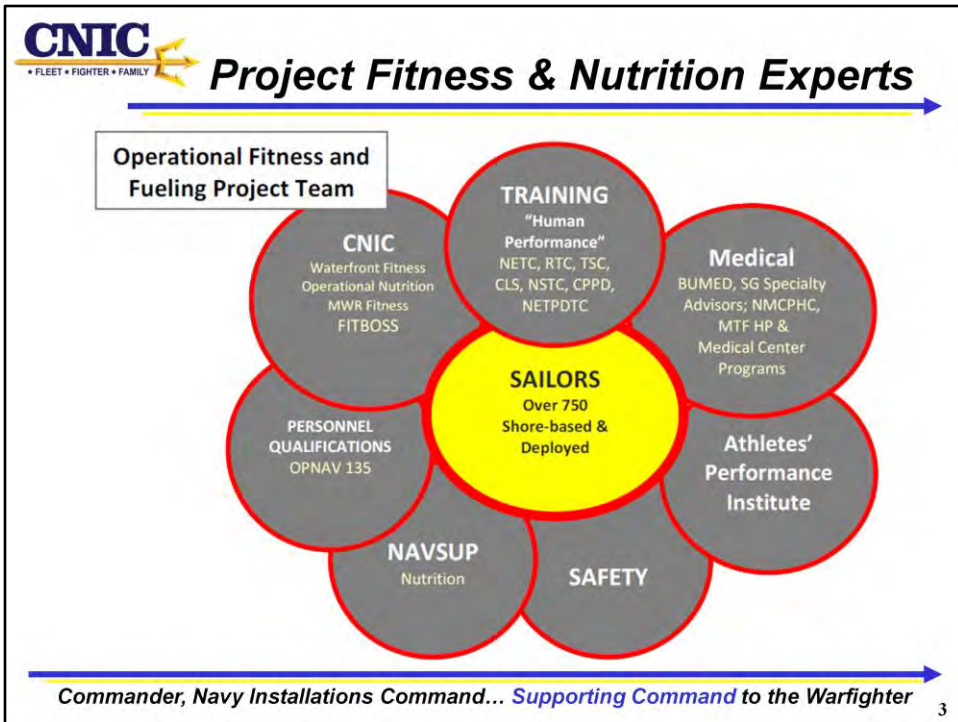
Mission:

- Decrease musculoskeletal injury among Sailors
- Increase retention
- Improve operational performance & physical readiness (resiliency/durability)

Goal: Deliver a standardized physical fitness program Navy-wide



What is NOFFS? Navy Operational Fitness and Fueling System (NOFFS) is the complete package. It provides both a fitness and nutrition component that addresses and meets the needs of our Sailors. In 2008, In an effort to combat the rising number of musculoskeletal injuries among our active duty members, NOFFS brings a safe and effective workout that allows them to improve their operational performance and physical readiness while reducing the risk for unnecessary injuries.



The development and implementation of NOFFS was a joint project. Experts in the industry and in the Navy collaborated to bring a safe and effective workout program that Sailors across the Navy enterprise could use.

API Partnership



- Athletes' Performance Institute
 - Professional Sports Model
 - Human Performance & Injury Prevention
 - Winning Record
- Trains over 1000 professional athletes
- Trained 5 of the last 6 NFL #1 draft picks
- Affiliated with The Andrews Institute – Dr. James Andrews
- Working with the Navy – over 7 years

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Navy Fitness enlisted the help of the experts in the fitness industry and partnered with Athletes Performance Institute (API). API has helped to train over 1,000 professional athletes including top NFL draft picks, LA Galaxy, and even the Germany's Men's World Cup soccer team. API has worked with the Navy for over 7 years, assisting our very own Navy Seals in establishing safe, effective workouts to keep them ready for their next mission.

Needs Analysis

- Lifting
- Pushing
- Pulling
- Carrying



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Understanding the operational needs of the Sailors was paramount in the build of NOFFS. Therefore, Sailors were observed on all platforms (Submarines, Large Deck, Small deck, Shore based) to see their daily operational movements. With their observations, they saw that on a daily basis, Sailors used the following 4 movements: Lift, Push, Pull, and Carry. With these four movements, API developed a program that met those needs and allow Sailors to optimize their training regimens to best meet their physical, as well as operational, needs.

Operational Performance

Does the workout or activity relate to the demands on the job?

SPECIFICITY:

Physical training movements that mimic actual job related movements



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Movements were added to workouts that would increase the operational performance of all Sailors.

Transition from “Traditional” to Operational Movement

- Moving away from “traditional” strength training
 - Training Body Parts
 - Single Joint Movements
- Goal is to strengthen movement
 - Movement Pattern
 - Multiple Joint Movements
- Operational Movement =
 - Infinite, multidimensional



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The workouts transition users from using “traditional” movement to more operational movements. Rather than focus on isolation training (i.e. Leg extension, Bicep curls), multi-joint movements were included in the workouts to strengthen movement patterns and multiple joint movements. An example would be the Squat w/ Shoulder press.

Needs Analysis



Aerobic & Anaerobic Demands

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In addition to the operational strength needs, the workouts also include training to increase the cardiovascular system. Whether it's a fast sprint down the or a mile and a half run, training tools are provided to address and meet the aerobic and anaerobic demands of our Sailors. Whether it is ESD training on the ellipticals, sprints on the track, cone drills on the courts, or a metabolic circuit, NOFFS provides a cardiovascular workout for any platform.

Needs Analysis

- Body Movement Skills
- Balance Agility Coordination
- Kinesthetic Awareness



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We do not solely move in a linear pattern. Whether it is lunging right to pick up an item, shuffling to the side to avoid an obstacle, we have to train our bodies to be able to adapt to these non-linear movements. As seen on the picture, this is vital for a majority of our Sailors where balance, agility, and kinesthetic awareness is crucial in their daily operational movements.



Nutrition plays a fundamental part in both performance and better health. There is no single food or nutrient that can fulfill all of our daily requirements; similarly there is no one concept that can define and answer everything related to nutrition.

Within the fueling series, all of the nutrition content as well as the mealbuilder revolve around 5 specific areas or “mantras”. Eat clean, eat often, hydrate, mindset, and recover. Each area builds off of the others, and all areas are needed in order for the entire nutrition piece to work.

Meal Builder: Front & Back

Eat Clean Eat Often Hydrate Recover Mindset

BUILD YOUR MEALS

Nutrition Blueprint And Builder Instructions

1. How your weight and goal. This is your area.
2. When you identify your data, you'll see your nutritional blueprint.
3. The six nutrients across the top represent your "eating times." Food groups are represented along the left-hand side. The numbers located within the body of the blueprint are the recommended number of servings from each food group at each eating time.
4. Below is a list of foods from each of these groups. The number to the left of each food item represents the serving. For example, 1 slice of whole wheat bread = 1 grain serving. (Don't worry, you don't need to count everything.) Therefore, if you ate 1 slice of whole wheat bread at breakfast, you could replace it with any of the foods listed in the grain column. (You have more than one serving suggested, you can double up on the same food or 2 slices of whole wheat bread or 1 slice of toast or 1 slice of whole wheat toast and 1 slice of toast.) You are only limited by your creativity.
5. You are now prepared to build customized meals to help you meet your goals. This will provide you with a sustainable diet throughout the day as well as the energy you need for your workouts.

Don't simply "EAT," Instead "FUEL" your body for performance. Are you READY?

Food List

Grains	Protein	Vegetables	Fruits	Dairy	Oils
1 slice whole wheat bread	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white bread	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat toast	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white toast	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat roll	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white roll	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat pizza	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white pizza	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat burrito	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white burrito	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat sandwich	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white sandwich	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat wrap	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white wrap	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat taco	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white taco	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat quesadilla	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white quesadilla	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat burrito	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white burrito	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat sandwich	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white sandwich	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat wrap	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white wrap	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat taco	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white taco	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat quesadilla	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white quesadilla	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil

Eat Clean Eat Often Hydrate Recover Mindset

BUILD YOUR MEALS: FEMALE BUILDER

ZONE 1

Grains	Protein	Vegetables	Fruits	Dairy	Oils
1 slice whole wheat bread	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white bread	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat toast	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white toast	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat roll	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white roll	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat pizza	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white pizza	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat burrito	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white burrito	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat sandwich	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white sandwich	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat wrap	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white wrap	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat taco	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white taco	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat quesadilla	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white quesadilla	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil

ZONE 2

Grains	Protein	Vegetables	Fruits	Dairy	Oils
1 slice whole wheat bread	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white bread	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat toast	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white toast	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat roll	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white roll	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat pizza	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white pizza	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat burrito	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white burrito	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat sandwich	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white sandwich	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat wrap	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white wrap	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat taco	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white taco	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat quesadilla	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white quesadilla	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil

ZONE 3

Grains	Protein	Vegetables	Fruits	Dairy	Oils
1 slice whole wheat bread	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white bread	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat toast	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white toast	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat roll	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white roll	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat pizza	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white pizza	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat burrito	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white burrito	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat sandwich	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white sandwich	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat wrap	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white wrap	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat taco	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white taco	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat quesadilla	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white quesadilla	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil

ZONE 4

Grains	Protein	Vegetables	Fruits	Dairy	Oils
1 slice whole wheat bread	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white bread	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat toast	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white toast	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat roll	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white roll	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat pizza	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white pizza	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat burrito	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white burrito	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat sandwich	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white sandwich	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat wrap	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white wrap	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat taco	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white taco	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat quesadilla	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white quesadilla	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil

ZONE 5

Grains	Protein	Vegetables	Fruits	Dairy	Oils
1 slice whole wheat bread	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white bread	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat toast	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white toast	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat roll	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white roll	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat pizza	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white pizza	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat burrito	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white burrito	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat sandwich	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white sandwich	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat wrap	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white wrap	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat taco	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white taco	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice whole wheat quesadilla	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil
1 slice white quesadilla	1 egg	1 cup spinach	1 apple	1 cup milk	1 tsp oil

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One of the biggest struggles sailors face is trying to build their diet to fit their individual needs and goals. The mealbuilder takes out all that guesswork and does the planning for you. Once you put in your current weight, sex, and goal, the mealbuilder creates the zone and menu for you. Within your daily menu, each meal identifies how many portions of each food group you would need. You would then select your foods utilizing the food list that is provided. If you're having trouble putting your meals together, you will also find sample "perfect day menus" to view as a resource.

WHAT'S NEXT?



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In an effort to meet the needs of all Sailors, Navy Fitness is not done yet! Navy Fitness and API went back to the drawing board and developed three new workouts for our customers including the Strength Series, Endurance Series, and Sandbag Series.

QUESTIONS?