

Impact of Physical Fitness on Mission Readiness



S-562-0612A Change 6

Objectives

- Discuss the impact of physical fitness on Navy readiness
- Discuss the mission of the CFL in promoting Navy Readiness
- Review partners in Physical Fitness

Navy Physical Readiness Program

- Establishes policy and requirements for Navy's Physical Readiness Program to ensure both Active Component (AC) and Reserve Component (RC) personnel maintain a level of physical fitness required to support overall mission readiness

Physical Fitness and U.S. Navy Readiness

- Physical fitness is a crucial element of mission performance and must be a part of every Sailor's life
- Mission readiness and operational effectiveness are built on the physical fitness of the individual
- 24/7/365 = any mission, any time capable

- 2015 SECNAV DoN Talent Management
Address to the Brigade of Midshipman

Role of the CFL

- Command Fitness Leaders shall use MWR facilities and fitness professionals (and other available resources) at their homeport or installation to develop and conduct a Physical Readiness Program

- NAVADMIN 063/00

Overall Readiness Goals

- Increase Fleet readiness
 - Manpower stability
 - World-wide assignability / employability
- Improve individual and Navy image
- Decrease cost (i.e., healthcare, recruitment, separations)

Physical Readiness Program Overview

- CO is responsible for enhancing the Physical Readiness of the command
- Members failing to meet standards receive quality physical fitness and nutrition guidance
- Trained CFLs
- Promotion, advancement, and reenlistment tied to fitness
- PRIMS

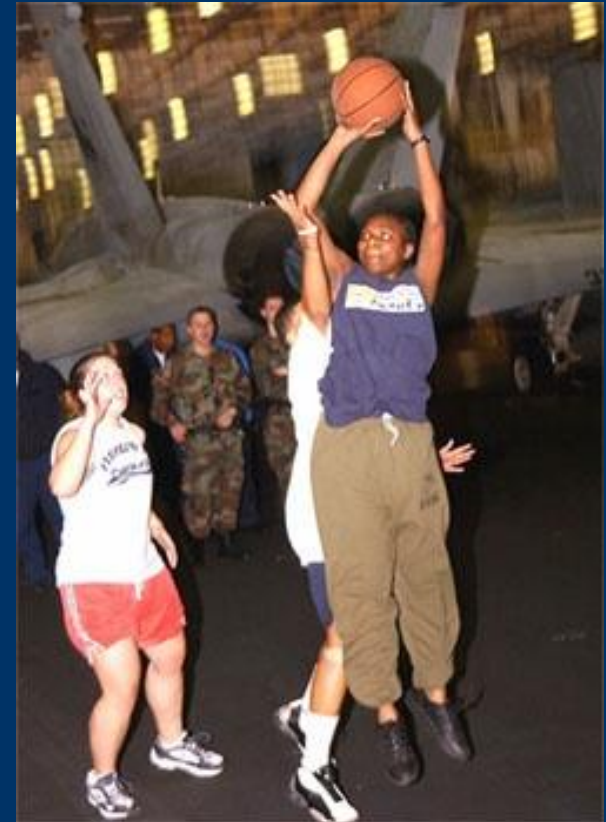
Short-Term Benefits

- Increased
 - Sense of well-being (look good = feel good)
 - Performance at work
- Better ability to cope with stress
- Improved
 - Energy and endurance
 - Ability to fall asleep & sleep well
 - Calorie expenditure
 - Muscles, bones & joints

Long-Term Benefits

Reduce Risk

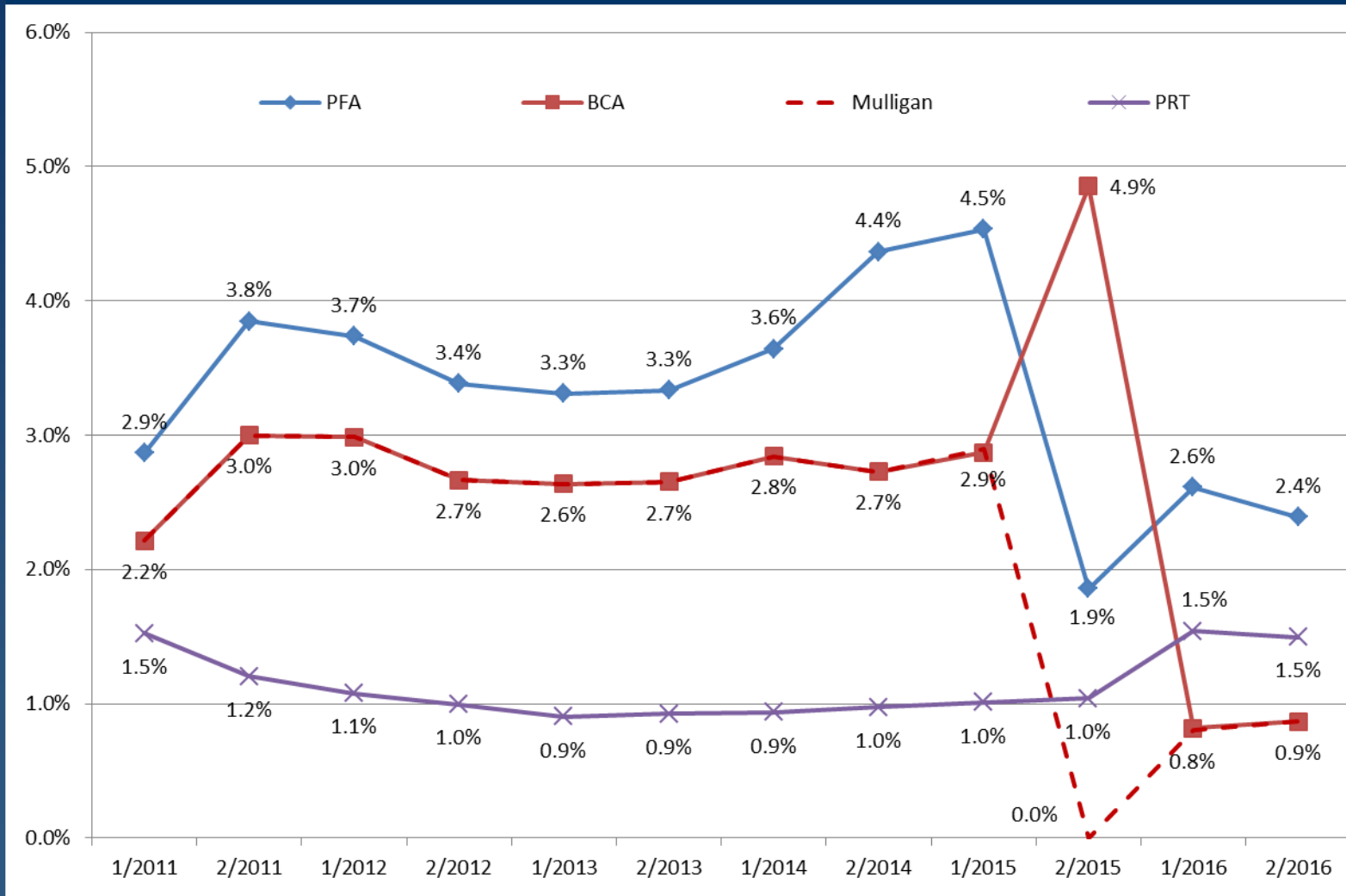
- Coronary heart disease
 - Improve cholesterol levels
 - Reduce blood pressure
- Obesity
- Diabetes
- Many Cancers



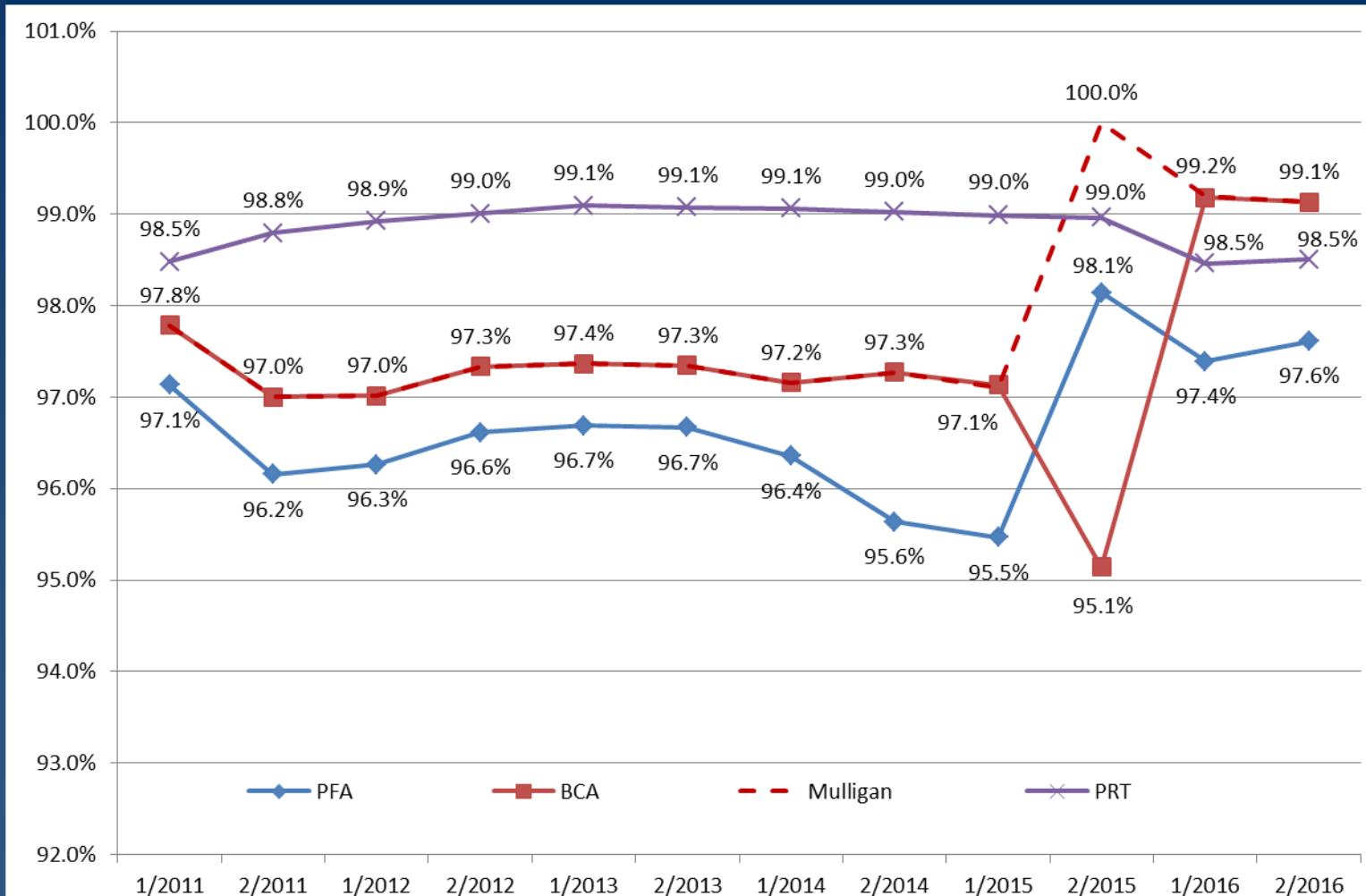
PFA Data: PRIMS

PFA Cycle	Total # Records	# PFA Participants	# PFA Failures	% Failures
Cycle 2 2016	362,828	351,478	8,670	2.39%
Cycle 1 2016	356,565	346,098	9,309	2.61%
Cycle 2 2015	362,463	351,311	6,735	1.86%
Cycle 1 2015	367,216	356,828	16,649	4.53%
Cycle 2 2014	366,970	355,309	16,017	4.50 %
Cycle 1 2014	366,921	352,205	12,971	3.68 %
Cycle 2 2013	364,682	351,141	12,154	3.46 %
Cycle 1 2013	361,128	347,434	11,947	3.44 %
Cycle 2 2012	355,200	341,437	12,021	3.52 %
Cycle 1 2012	354,630	340,052	13,250	3.90 %
Cycle 2 2011	355,219	339,623	13,663	4.02 %
Cycle 1 2011	351,084	331,856	10,067	3.03 %
Cycle 2 2010	350,161	329,619	9,843	2.99 %
Cycle 1 2010	342,864	323,058	10,356	3.21 %

PFA, BCA, and PRT Failure Rates: USN & USNR



PFA, BCA, and PRT Pass Rates: USN & USNR



CFL Partners in Fitness

- Leadership
- Individual Sailors
- Medical providers
- Dietitians
- MWR - Fitness
- Safety
- Training/Instructors
- Recruiting



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**Physical fitness is a crucial
element of mission
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of every Sailor's life!**

**Who is responsible for
enhancing the Physical
Readiness of the command?**

Who is responsible for enhancing the Physical Readiness of the command?

- **Commanding Officer**

**Name 5 CFL partners in
promoting readiness:**

Name 5 CFL partners in promoting readiness:

- **Leadership**
- **Individual Sailors**
- **Medical**
- **MWR – Fitness**
- **Safety**
- **Training/Instructors**
- **Recruiting**

Summary

- Physical Fitness and Nutrition impact every aspect of our lives
- Every Sailor has the responsibility to make activity and nutrition a priority to remain a healthy and fit force

References

- Physical Readiness Program - OPNAVINST 6110.1 (Series)
- NAVADMIN 063/00
- U.S. Department of Health and Human Services (2002)
<http://aspe.hhs.gov/health/reports/physicalactivity/>
- SECNAVs 13 May 2015 DoN Talent Management Address to the Brigade of Midshipman

Questions?



Optimizing operational readiness through the advancement of physical fitness of Sailors