



Navy Operational Fitness and Fueling System (NOFFS)

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- **Mission:**

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

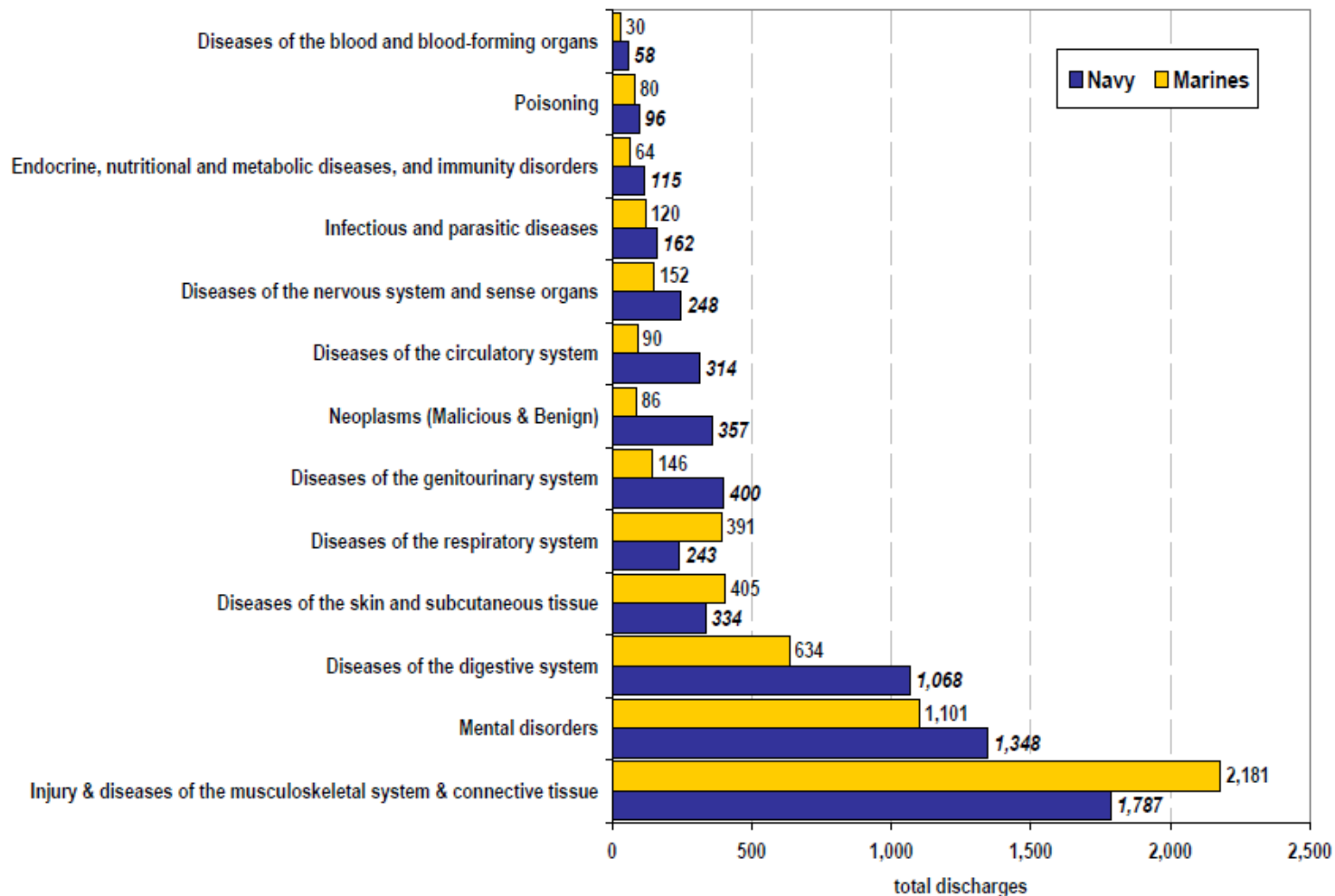
Goal: Deliver a standardized physical fitness program Navy-wide



Injury Impact

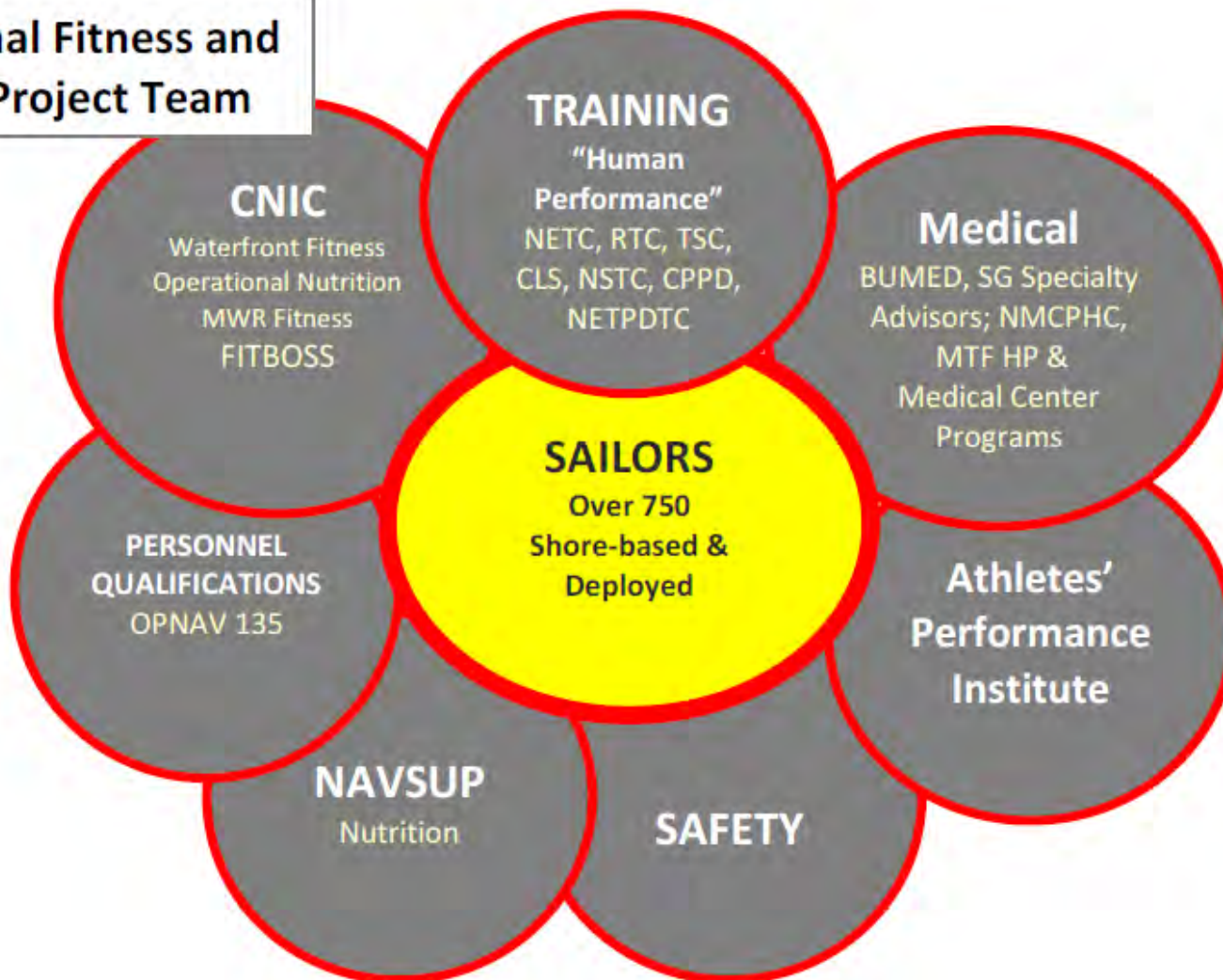
Injuries impose a greater ongoing negative impact on the health and readiness of the U.S. Armed Forces than any other category of medical complaint during peacetime & combat.

Number of Hospital Discharges (Inpatient, MTF), SIDR 2007
Major Disease and Injury Categories*, Active Duty - Navy & Marine Corps

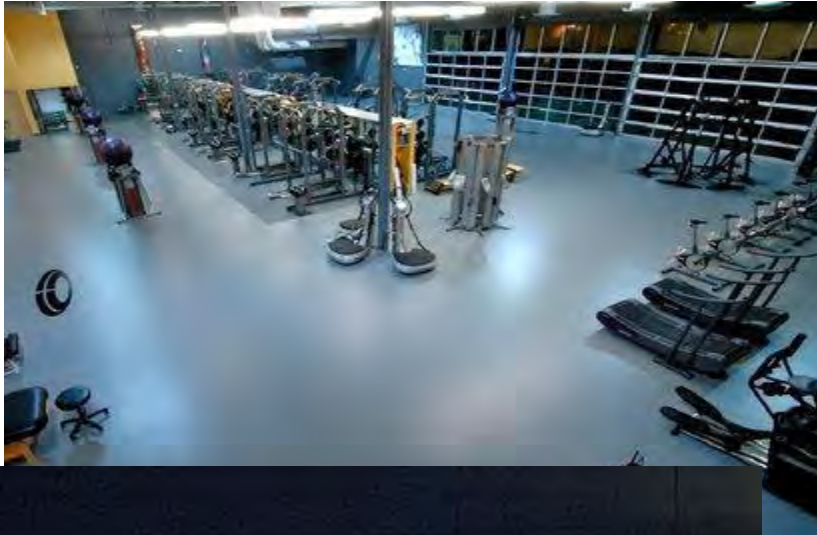


Project Fitness & Nutrition Experts

Operational Fitness and
Fueling Project Team



EXOS Partnership



- EXO (formerly known as Athletes' Performance Institute)
 - Professional Sports Model
 - Human Performance & Injury Prevention
 - Winning Record
- Trains over 1000 professional athletes
- Working with the Navy – over 10 years

Needs Analysis

- Lifting
- Pushing
- Pulling
- Carrying

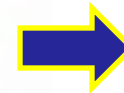


Operational Performance

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

SPECIFICITY:

Physical training movements that mimic actual job related movements



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



Needs Analysis



**Aerobic
&
Anaerobic
Demands**

Needs Analysis

- Body Movement Skills
- Balance Agility Coordination
- Kinesthetic Awareness





The 5 Nutrition Mantras



Meal Builder: Front & Back

Eat Clean Eat Often Hydrate Recover Mindset

BUILD YOUR MEALS

Nutrition Blueprint And Bulder Instructions

1. Find your weight and goal. This is your zone.
 2. When you identify your zone, you will see your nutritional blueprint.
 3. The six columns across the top represent meal times or "hueling 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 hueling time.
 4. Below is a list of foods from each of those groups. The number to the left of each food item equals one serving. For example: 1 slice of whole wheat bread = 1 grain serving. Each serving may be used interchangeably. Therefore, if you tire of whole wheat toast at breakfast, you can replace it with any of the foods listed in the grain column. If you have more than one serving suggested, you can double up on the same food (2 pieces of whole wheat toast) or mix and match (1 slice of whole wheat toast, and 3/4 c oatmeal). 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 sustainable fuel throughout the day as well as the energy you need for your workouts.
 6. The biggest barriers to great nutrition are poor planning and poor implementation. Stay organized and do what you can to create an environment for success. Remember the 80/20 rule - choosing high octane fuel 80% of the time and lower octane fuel that you really enjoy 20% of the time.
- Don't simply "EAT," Instead "FUEL" your body for performance.**
Are you READY?

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[illegible]

Eat Clean Eat Often Hydrate Recover Mind set

BUILD YOUR MEALS - FEMALE BUILDER

Feeding Times						
ZONE 1	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	1	**	1 - 2	1	1 - 2	**
Protein/Dairy	1	**	1	**	1	1
Fruits	1 - 2	1	1 - 2	**	**	1
Vegetables	**	**	3	**	3	**
Fats	1	1	1	1	1	**
			28			
Meal Replacement	**	1	**	1	**	1
Total Calories	280, 340	160, 170	800, 435	160, 170	850, 435	160, 170

ZONE 1

WEIGHT	GAL
110 - 130	Weight Loss
131 - 160	Weight Loss

Meal Replacement should be 10 - 50% Protein, 20 - 40% of Carbs, and 2 - 3% of Fiber

Feeding Times						
ZONE 2	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	1-2	**	2-3	1	2-3	**
Protein/Dairy	1	**	1	**	1	1
Fruits	1-2	1-2	**	1	**	1
Vegetables	**	**	3	**	3	**
Fats	1-2	1	1-2	1	1-2	1
			5*			
Meal Replacement	**	**	**	1	**	**
Total Calories	340-400	170-200	425-500	170-200	425-500	170-200

ZONE 2	
WEIGHT	SEAL
110 - 130	Weight Main
161 - 190	Weight Loss

Meal Replacement should have 10 - 20g Protein, 20-40g of Carbs, and 2-3g of Fiber

ZONE 3		Feeding Times					
	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	
Grains	2	1	2-3	1	2-3	**	
Protein/Dairy	1	1	1	**	1	1	
Fruits	1-2	1-2	**	1	**	1	
Veggies	**	1	**	1	3	**	
Fats	1-2	1-2	2-3	1-2	2-3	1-2	
OR							
Meal Replacements	**	1 + Fruit	**	1 + Fruit	**	1 + Fruit	
Total Calories	400 - 450	200 - 230	400 - 575	200 - 230	500 - 650	200 - 230	

ZONE 3

WEIGHT **GOAL**

135 - 160 Weight Main

Meal Replacement should have 10 - 20g Protein, 20 - 40g of Carbs, and 2 - 3g of Fiber

Feeding Times						
ZONE 4	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2-3	1	2-3	1	2-3	1
Protein/Dairy	1-2	1	1.5	**	1.5	1
Fruits	2	2	**	1	**	1
Vegetables	**	**	3	**	3	**
Fats	2-3	2-3	2-3	2	2-3	2
	RR					
Meal Replacements	**	1 + 2 Fruit	**	1 + 2 Fruit	**	1 + 2 Fruit
Total Calories	460 - 520	230-260	575-560	230-260	575-560	230-260

ZONE 4

WEIGHT GOAL

165 - 190 Weight Main

Meal Replacement should have 10-20g Protein, 20-40g of Carbs, and 3g of Fiber

Feeding Times						
ZONE 5	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2-3	1-2	2-3	1-2	2-3	1
Protein/Dairy	1-2	1	1.5	**	1.5	1
Fruits	2-3	2	**	3	**	1
Veggies	**	**	3	**	3	**
Fats	2-3	2-3	2-3	2	2-3	2
OR						
Meal Replacement	**	1 + 2 Fruit + 1 Fat	**	1 + 2 Fruit + 1 Fat	**	1 + 2 Fruit + 1 Fat
Total Calories	520-600	260-300	650-750	260-300	650-750	260-300

ZONE 5

WEIGHT **GOAL**

100-160 **Weight Gain**

Med Replacement should be 10-20g Protein.

20-40g of Carbs, and 2-3g of Fiber

THE STRENGTH SERIES

PHASE 1: GAIN MUSCLE - WORKOUT A

● Warm ● Mobility ● Lung

THE ENDURANCE SERIES

PHASE 1: WARM-UP & STRENGTH - WORKOUT A

● Warm ● Mobility ● Lung

THE SANDBAG TRAINING SERIES

PHASE 3: GET POWERFUL - WORKOUT B

● Warm ● Mobility ● Lung

REGENERATION

TOTAL BODY

THE Endurance Series

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1 PILLAR BRIDGE

STAGE	A	B	C
1	10 REPS	10 REPS	10 REPS

2 GLUTE BRIDGE

STAGE	A	B	C
1	10 REPS	10 REPS	10 REPS

3 Y'S DECK

1 MOVEMENT NAME

STAGE	A	B	C
1	10 REPS	10 REPS	10 REPS

2 MOVEMENT NAME

STAGE	A	B	C
1	10 REPS	10 REPS	10 REPS

3 MOVEMENT NAME

THE STRENGTH SERIES

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QUESTIONS?