Fitness Enhancement Program (FEP)
Objectives

- Provide an overview of FEP
- Discuss program challenges
- Review best practices
- Provide resources
Fitness Enhancement Program

• What is it?
• The FEP is a command-wide program to improve fitness and nutrition
Program Participants

- Members not meeting minimum PFA standards
  - PRT failure or probationary score for an event
  - Exceeds DoD maximum allowable body fat %
  - Exceeds Navy graduated body fat by age standards (a.k.a. Age-adjusted standards (AAS))
- Spot-check failure
- Self referrals
- Referred by chain of command
Program History

- Negative connotation
- Perceived as punishment
- Stretch, push ups, sit ups, run
- Lack of support
Creating a Culture of Fitness

- Providing solid nutritional guidance
- Improved PFA pass rates
- Motivated FEP members
- CFLs
  - Encouraging
  - Educating
  - Motivating
- Fun, varied way to improve fitness
FEP Program Requirements

- Written counseling for FEP enrollment
- FEP sessions will be led by designated CFL's, trained ACFL's or MWR fitness specialist
- FEP sessions will be held at least 3 times per week, and no more than 5 times per week, for a total of at least 150 minutes
- FEP Nutrition
FEP Participation & Monitoring

• Required to remain enrolled in FEP until passing next official PFA and be within AAS

• If a Sailor is waived from the BCA and/or the same PRT event for which they failed, Sailor will remain on FEP until passing the next official PFA

• Monthly mock PFAs, including BCAs, do not constitute an official PFA
FEP Documentation

Requirements

• Weekly PT sessions
• Weekly body weight
• Monthly mock PFA (BCA + PRT)
• Nutrition education.
  • Maintain documentation of mandatory nutrition option completion

❖ FEP progress can now be tracked in PRIMS!!!
FEP Guidelines

- Use appropriate progression
  - Do not overload too quickly
- Structured to meet or exceed PFA standards
- Individualized goals
  - Member should actively participate in plan development for long term success
Individualized Plan

• Provides
  • Exercise prescription
  • Nutrition guidance
  • Progress monitoring
  • Progress rewards

• Partner with a MWR Trainer
Best Practices

• Communicate
  • State expectations
  • Provide resources
  • Page 13 counseling

• Variety
  • NOFFS (Strength/Endurance/Sandbag)
  • Intervals
  • Circuit training
  • Avoid long or daily runs
Group PT Guidance

- Use run times to group Sailors into like fitness levels
- Limit formation runs
  - Altered stride length
  - Over-trains least fit and inadequate for most fit
- Avoid remedial fitness programs that over-train
Acceptable Fitness Progression for BCA

• Emphasis on decreasing body fat vs. weight loss
• Adequate progression:
  • 1% body fat per month
  • 1-2 lbs weight loss per week
• No more than 5 lbs per month
• More than 5 lbs per week after the first month is a red flag for unsafe weight loss
Acceptable Fitness Progression for PRT

- **Push-ups or curl-ups:**
  - ↑ reps by 10% of age-appropriate standard or 1 repetition/week
    - Ex: 18 yr old male, 36 push ups on PFA
    - 46 std – 36 = 10 x 10% = 1
      (↑ push up /wk)

- **Run or Swim:**
  - ↓ time by 10% of recent PFA - age-appropriate standard per week
Requires Teamwork

MWR  BUMED  FLEET

NPC  Health Promotions  SAFETY CENTER

NMCPHC
FEP Nutrition Education Requirement

- Nutrition Resource Guide 2018
  - On Physical Readiness/Nutrition website
- Sailor must choose one of the following nutrition education options:
  - Registered Dietitian at MTF locations
  - ShipShape at MTF locations
  - Commercial Weight Loss Program (i.e. Weight Watchers, Jenny Craig)
  - Nutrition Self-Study Course (via Official Navy PFA App)
ShipShape

- BUMED – Approved
- Official Navy Weight Management Program
  - Basic nutrition knowledge
  - Healthy eating skills
  - Behavior modification
  - Exercise principles
  - Stress management
Target Population

- Sailors exceeding or in danger of exceeding BCA standards
- Anyone preparing for change
- Other military or family member
ShipShape Program

- Based on the latest research
- Local MTFs
- One hour per week for 8 consecutive weeks
- Ongoing self-monitoring
- 1-year monitoring
- Not mandatory, but highly encouraged if available
Program Requirements

• CO’s approval
• Screened for eating disorders and other disqualifying factors
• Completed Weight Loss Readiness Form
• Ready to change
CFL’s Role in ShipShape

- Act as liaison with MTF Health Promotion Director
- Refer Sailors as needed
- Record monthly weigh-ins in PRIMS
- Be familiar with program to support your Sailors
- ShipShape is not mandatory
  - Not all members are ready
  - Offer and have member sign a page 13 if they decline
Registered Dietitian (RD)

• Located at MTFs, may need PCM referral
• Classes or individual counseling
• Bring 3-day food record to appointment
• Follow-up visits per RD
• Good idea for anyone not making progress
Nutrition Self-Study Course

- **Official Navy PFA Mobile App**
  - Available for download for Android & iOS users.
  - Self-guided nutrition course
    - 5 weekly modules with quiz after each module: 80% or better progresses to next module
    - Single course completion certificate after successfully passing all modules with 80% or better.
Make the Difference

• Assist member to
  • Recognize needed changes
  • Set obtainable goals
  • Integrate fitness into daily routine

• Inform leadership of
  • Improved performance
  • Declining trends for fitness failures
Who may participate in FEP?
Who may participate in FEP?

- Members not meeting minimum PFA standards
- Spot-check failures
- Self referrals
- Those referred by chain of command
FEP participation is required for a minimum of _______ days a week for a total of at least _______ minutes?
FEP participation is required for a minimum of ______ days a week for a total of at least ______ minutes?

• 3 days, 150 minutes
What needs to be documented for FEP participants?
What needs to be documented for FEP participants?

- Weekly weight and PT logs
- Monthly BCAs and mock PRTs (entered in PRIMS)
Summary

• FEP is not a punishment
• Your support is needed
• Must incorporate physical activity and nutrition education
• Know and seek out available resources
Resources

• Physical Readiness Program Command Fitness Guide: Command/Unit Physical Training (PT) And Fitness Enhancement Program (FEP) 2011
• BUMED Policy Letter, Feb 2007
Resources

• Navy and Marine Corps Public Health Center (NMCPH)
  • www.med.navy.mil/sites/nmcphec/health-promotion/healthy-eating/Pages/healthy-eating.aspx

• Physical Readiness Links
  • www.public.navy.mil/bupers-npc/support/physical/
Questions?
Fitness Programming Assignment

• One scenario per group
• Work together on the requirements
• Requirements:
  • Overview of a 8 week exercise program
  • One detailed workout
  • Exercise presentation on day 5 (each group member must be ready to lead at least one exercise of the detailed workout)
  • Oral presentation on day 5