

NAVY FITNESS INSIDER



Volume 1, Issue 1
February 2004

WELCOME TO NAVY FITNESS INSIDER

Welcome to the premier issue of "Navy Fitness Insider." This newsletter is intended to inform the Navy Fitness community with quality information on fitness, sports and aquatics. The newsletter will keep you up to date on what is going on in Navy Fitness. Along with Navy Fitness News updates each month we will feature articles that can improve your current program by giving you new ideas to use at your base. We will be spotlighting different bases and their programs from time to time in each issue. If you would like your fitness program to be spotlighted in this news letter you can contact Marc Meeker at NPC to be placed in the next news letter. This publication will be quarterly at first and



hopefully will develop into a bi-monthly publication. This newsletter will enable Navy Fitness programs throughout the world to share ideas

from program to program.

BASIC NAVY FITNESS CERTIFICATION

The Navy Fitness Basic Certification is still available through NPC. All training materials are provided through NPC and can be requested at any time for your staff to get certified. The certification packet includes the 240 page "Building Strength and Stam-

ina" book by Dr. Wayne Westcott which covers basic physiology of the human body to explanation of various lifting exercises and cardiovascular training. The packet also includes a practicum sheet in which the fitness director will adminis-

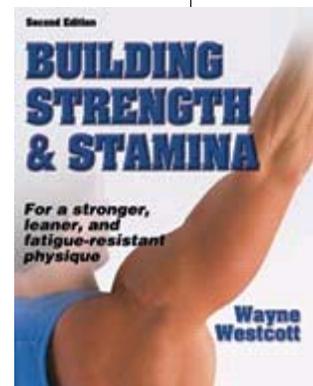
trate on appropriate equipment in the gym. A 50 question test is also included to test the individuals understanding of the contents of the book. A certificate will be awarded to those passing with a 70% or higher.

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Upcoming Points of Interest

- March is National Nutrition Month. Let us know about any special events you are doing for this month long event.
- May is National Physical Fitness Month. Let us know about any special events you are doing for this month long event





BODY FAT MEASURING KEEPING CONSISTENT

Recently we have been receiving calls here at head quarters with complaints about body fat measuring and how it has been done at various bases around the world. We all know the standard is the tape measure. So why am I even mentioning this?

A few weeks ago we received a call from an irate Sailor who complained that they passed the PFA body composition test. Upon further research they did not pass the standard measuring tape test for body comp. They were referring to what an MWR fitness center measured them at with a Microfit system. The Sailor was dead set on getting that measurement into the records instead of their actual measurements with the tape measure.

This event is why we need to be consistent in our measuring techniques. Microfit is an excellent assessment tool to

use in a private sector health club or on dependents, retirees, or DoD civilians. However, at no time should it ever be used to measure the body fat of an active duty Sailor.

If a Sailor asks for an assessment you should use their PFA scores to determine their present fitness levels. This is a test that is already done and gives you everything you need to know to set up a quality physical fitness program for improvement. By not staying consistent in our testing and assessment procedures we are only weakening the system that we are constantly trying to strengthen. Calipers are not the means in which we test body fat. Until the day that the Navy officially recognizes calipers as a means of testing no active duty Sailor should ever have their body composition tested with calipers.

Upon my travels to gyms Navy wide I rarely see a tape measure hanging up near a microfit system or anywhere in the assessment area. This leads me to believe that we are using alternative methods for body composition measurement. Remember we will only be successful when we accurately test everyone the same way without inconsistencies.



REGULAR EXERCISE CAN PREVENT COLDS

According to a recent article in Fitness Management a new study provides evidence that being active may actually reduce the number of colds you get in a year. By reducing the number of colds you have per year you will be reducing medical cost for the Navy and increase productivity by missing a smaller number of days from being sick.

“Individuals who are active will experience 25% fewer colds over the course of a year than a less active person.”

The average adult develops between two and five colds each year. However, the average individual who is active will experience 25% fewer colds over the course of a year compared to those who were less active.



GOOD HYDRATIONS

If you're looking for a post-workout beverage that can help keep you slim, you may want to steer clear of artificially sweetened sports drinks.

These low-calorie beverages may taste sweet, but according to research they could whet your appetite more than water does. In a recent study, people who drank artificially sweetened sports drinks after exercising ate more calories at their next meal than people who quenched

their thirst with plain water after working out.

Calories can also add up from sport drinks over a period of time. An average sport drink has 50 calories to every 8 oz. Most people do not only drink 8oz. We see people guzzling 32oz bottles immediately after a workout. This results in 200 calories which over a course of a week accumulates to 1400 extra calories into your diet. This con-

sumption over a period of time will add body fat to your body if these calories are not burned. Water is still the best way to keep hydrated and over time stay slim.

Next time try water instead of a sport drink for hydration!





DOD CORE STANDARDS WRAP UP

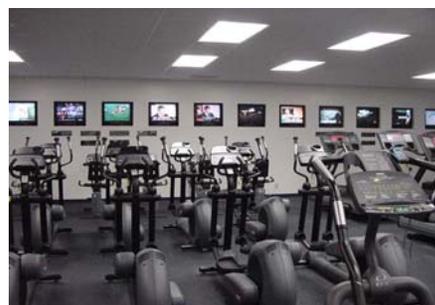
Results are in for the 2003 Department of Defense Fitness Center Standards. It shows 95 activities reporting on 148 fitness facilities. Out of the 95 activities that reported survey results, 15 or 10% of Navy fitness facilities met or exceeded core fitness standards. 133 facilities did not attain core standards.

As in 2002, facility issues (e.g., basketball courts with six-foot clearance, heating and air conditioning) and staffing issues are still the areas with the most deficiencies. The Navy still lacks adequate

fitness staff members to maintain the proper staff-to-customer ratio recommended by the American College of Sports Medicine. In addition, the Navy continues to be deficient in meeting the DoD standard regarding knowledge and expertise for fitness staff members who interface with patrons.

However, as a result of the fitness staffing deficiencies, programming issues are now more prominent. Without proper staffing programs can not continue as they presently are.

The only positive for 2003 was Navy attaining a 98% on providing fitness equipment. However, given the funding reductions for this fiscal year and in the out years that number will decrease as MWR activities will be unable to replace/upgrade fitness equipment.



DO YOU TAKE SUPPLEMENTS?

Dietary supplements include products such as: vitamins, minerals, energy enhancers, diet pills, herbs, weight gain/body building formulations.

A Precautionary Notice:

Your Navy Exchange urges you to follow all dietary supplement label instructions and warnings. **NEVER** exceed the label recommendations. Taking more of the supplement than directed may cause serious problems and **WILL NOT** increase benefits.

Several supplements may interfere with certain medications or aggravate existing medical conditions. To avoid serious problems notify your health care provider if you are taking any supplements or over-the-counter medications. Pregnant or nursing mothers should also consult with a medical provider prior to using these products. Some supplements are intended for use only by persons 18 years or older (again,



please read all labels carefully).

Stop taking any dietary supplement and consult your health care provider if you are experiencing headaches, dizziness, visual disturbances, sleeplessness, loss of appetite, nausea, or any other unusual symptom.

Use of ephedra containing products, especially in conjunction or in combination with caffeine, may cause serious injury if taken while participating in strenuous exercise.

FIELD MAINTENANCE SEMINARS

NPC will be sponsoring field maintenance seminars in both San Diego and Norfolk this year. The Field Maintenance Seminar will provide new and innovative ways to maintain sport playing fields. Students will be taught the latest ways to take care of softball, soccer, and



baseball fields through the newest techniques. Students will also learn how to use the latest field maintenance tools. This course is intended for athletic directors, sport coordinators, and ground maintenance crews. Participants will be expected to participate in both the lecture sections of the class and hands on working section of the class.

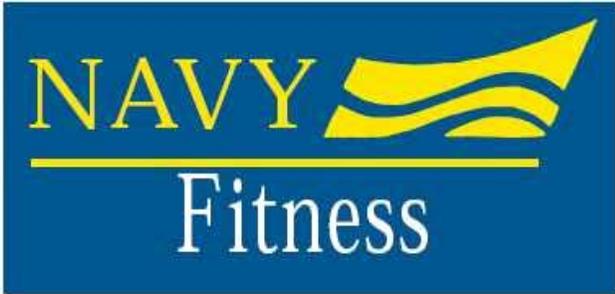
San Diego recently hosted the first seminar

January 20-21. Floyd Perry of Grounds Maintenance Services instructed the group. 26 participants were enrolled in the class coming from bases in the Southwest Region. The two-day seminar included ground maintenance for turf and infields along with what new equipment can be used to maintain playing fields. Next field maintenance seminar is scheduled for NAVSTA Norfolk April 7-8.

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Were on the Web
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Look under Mission Essential



Upcoming Trainings

Navy Command Fitness Leader Training

NAS Pensacola	Feb 18-19
NAS Fallon	Mar 3-4
NAS Brunswick	Mar 24-25
FASW San Diego	Apr 7-8
NAVSTA Norfolk	April 21-22
NAS Rota, Spain	May 5-6
NAVSTA Newport	May 13-14
COMFLEACT Yokosuka	May 26-27

Advanced Fitness Training

NAS JRB Forth Worth	Feb 10-12
NAS Jacksonville	Feb 24-26
COMFLEACT Yokosuka	April 19-21
NAVSTA Norfolk	May 11-13
NAVSTA Pensacola	May 24-26

Field Maintenance Seminar

NAVSTA Norfolk	April 7-8
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Programming Ideas

Below is an idea that you can use in your facility without a large amount of equipment or personnel running the event.

4 Man Rowing Team Competition

A team of four persons will need to be assembled for this event. This event will be performed on one rowing ergometer. An MWR Fitness representative will be present to monitor and record the distance. The rower can be set to any resistance of the teams choosing. Team members can change at any time during the race. There is no set time that each individual must stay on the rower for. Teams should develop a strategy that will best meet the needs of the team. Team members may help their teammates in and out of the rower during transition periods. The team that accumulates the most kilometers in a two-hour period will be the winners.

Chicken Piccata

Recipe of the Month

- 1/4 Cup Whole Wheat Flour
- 1/2 Teaspoon Pepper
- 2 8oz Boneless Chicken Breast
- 1 Clove Garlic, Chopped
- 1/2 Teaspoon Oil
- 1/2 Cup Dry White Wine
- 2 Tablespoons Lemon Juice
- 1/4 Cup Chopped Parsley

Combine flour and pepper and sprinkle over chicken. Brown garlic in oil in nonstick frying pan. Remove garlic and add chicken to pan. Brown chicken 2 minutes on each side. Add wine, lemon juice, and parsley. Simmer 30 minutes. Serve sauce over chicken.

Serves 4 / 155 calories per serving / 19 gr protein, 6 gr carbohydrate, 5 gr fat

Quick Tip

Slow Down Those Repetitions

Repetition speed is directly correlated to how much of the muscle is stimulated. Slower training increases the strength building stimulus and reduces the risk of injury. Perform all movements slowly, approximately 6 seconds per repetition. Take two seconds to lift the weight load, and take four seconds to lower the weight load. By using this technique you will see greater gains during your training.