

# Encompass

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Center for  
Personal and  
Professional  
Development

July 2011

Leading the Way in Sailor Development – Maintaining Operational Readiness

## Message from the CO



I'm preaching to the choir when I suggest that the Navy Culture of Fitness is more than just running 3 miles a year and passing a PRT. You are well aware of the linkage between mission readiness and individual Sailor fitness. But so often we immediately equate "fitness" with running or the weight room...and as leaders we need to promote a much larger picture than that. Holistic fitness includes the way we fuel (nutrition) and the way we "recover". Working with nutrition professionals at NAVSUP, Navy has made great progress in our awareness of nutrition and healthy choices...but we must do better in consistent execution. How we "recover" is largely a function of both personal discipline and command climate. A Flag officer recently commented that we should all be ready to surge (awake) for 48-72 hours if called upon. Obviously one cannot accomplish this (with effectiveness) if we are continually "bone tired" and sleep deprived. There's a balance we must find, and then model for our Sailors. Lastly, be aware that your CFL's (any Sailor, actually) can get specialized training in NOFFS from certified MWR fitness professionals through their local fitness center. More information about local NOFFS training opportunities can be found by using the "[Locate A Trainer](#)" application. The information below represents some of the resources available to help your command stay fit, properly recovered, and mission ready.

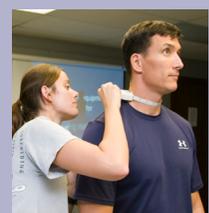
– CAPT Chuck Hollingsworth

## Personal Development



Maintaining fitness while forward deployed can be challenging. Fortunately, the Navy Operational Fitness and Fueling Series (NOFFS) is available to Sailors via the [CNIC Fitness, Sports, and Deployed Forces Support website](#). NOFFS promotes a Navy Culture of Fitness by providing Sailors four specialized series of exercises tailored for use on submarines, surface ships, large decks and for group physical training. The NOFFS website provides the NOFFS system through a variety of media. Sailors can download illustrated exercise cards and also have the option of viewing videos of each exercise to ensure correct technique. A forthcoming capability will soon provide a NOFFS application for mobile users. Minimum space and equipment requirements make NOFFS ideal for road warriors, busy leaders and forward deployed Sailors.

## Professional Development



Command Fitness Leaders are key players in a command's effort to maintain fitness at all times. The [Command Fitness Leaders \(CFL\) Course](#) (CIN: S-562-0612) has recently been revised to update the course of instruction and prepare graduates for changes being incorporated in the [upcoming revision of OPNAVINST 6110.1J](#), Physical Readiness Program. The new curriculum will take effect 01 October 2011 and graduates of the new course will be better prepared to support you and your Sailors with updated tools and guidance.

## Voluntary Education



Forward deployed forces often operate at a higher op-tempo than other deployed ships and are maintained at a higher readiness level. With Sailors' workdays lasting 12-plus hours while underway – meaning traditional methods of study are impractical – Sailors must find alternate routes to earning a degree. The [Navy College Program for Afloat College Education \(NCPACE\)](#) provides such a route to Sailors at eligible sea-duty commands via an instructor-led (IL) program, as well as Distance Learning courses available via CD-ROM, PDA and iPod, which do not require Internet access. For more information on NCPACE, visit the [Navy College Office Website](#).

## CMC Corner

There are many reasons why military professionals should have physical fitness as one of our top priorities. A fit Sailor is more productive and better able to meet the rigors of life at sea. Our appearance in uniform speaks volumes about our professionalism and commitment to excellence. The fittest Sailors set high standards for seniors, peers and subordinates to emulate. Also important is how much of an impact remaining fit throughout your career will help to ensure good health and quality of life later in your career and beyond. The Navy Operational Fitness and Fueling Series is a great tool for meeting your fitness goals. During my career, the most inspirational leaders used fitness as an integral part of their professional life. Go to the Personal Development page on NKO under Health and Wellness to learn more.

– CMDCM Stephan Fontenot

## Quick Hits

 [NAVADMIN 203/11](#)

 [CNIC Fitness](#)

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1-877-838-1659



## Key Messages/BLUF

- ◆ Maintaining good health and wellness for Sailors increases operational readiness and mission accomplishment.
- ◆ All commands should make sure the right resources are available to assist Sailors in maintaining readiness when deployed.
- ◆ Deployed Sailors can still pursue an education by taking advantage of Navy College Program resources.

[To learn more about CPPD click here.](#)