



# **NUTRITION & WELLNESS**

**Military Families Learning Network**

## **Navy Operational Fitness and Fueling System: The Foundation of Physical Readiness June 22<sup>nd</sup>, 11am EDT**

### **1.) Healthy Eating**

[Navy Marine Corps Public Health Center - Healthy Eating](#)

Performance nutrition, healthy eating educational materials, and the ShipShape Weight Management program are described in detail with links within this organizational website by the Navy and Marines Corps Public Health Center.

### **2.) Fitness, Sports and Deployed Forces Support: NOFFS: Navy Operational Fitness and Fueling System**

[Fitness, Sports and Deployed Forces Support :: NOFFS: Navy Operational Fitness & Fueling System \(navyfitness.org\)](#)

This organizational website by the Navy Operational Fitness and Fueling System (NOFFS) provides several resources for training in areas such as endurance, strength training, and sandbag lifting. The NOFFS also includes their mission to provide the Navy with the “best in class” training via physical activity and nutrition, keeping safety and durability in mind for their goals throughout the training.

### **3.) Active Living: Navy Health Promotion and Wellness Course**

[noffs-hpd-course.pdf \(navy.mil\)](#)

The Navy and Marine Corps Public Health Center explains their key goals, objectives, and components in one handy PowerPoint slideshow. They also demonstrate how they apply their training into real-life circumstances for serving the Navy.

### **4.) NOFFS Fueling Series**

[Fitness, Sports and Deployed Forces Support :: Introduction \(navyfitness.org\)](#)

The Navy Installations Command includes some information about the five areas of nutrition focus in the Fueling Series. Some of these areas are eating clean, eating often, and hydrating.



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### **5.) Virtual Meal Builder**

[Fitness, Sports and Deployed Forces Support :: Virtual Meal Builder \(navyfitness.org\)](https://www.navyfitness.org)

The Navy Installations Command offers a virtual meal builder for their Warfighters that creates a personalized meal plan that varies depending on gender, goal and current weight.

### **6.) NOFFS Operational**

[NOFFS Operational - Apps on Google Play](#)

The Navy has created a free app that can help one complete exercises that are designed for real-life situations in the Navy. It also provides a meal plan tracker that offers suggestions for individualized dietary needs for the Sailors and other Navy health professionals.

### **7.) Navy Operational Fitness and Fueling System**

<https://www.navyfitness.org/modules/media/?do=download&id=80dffbd6-0ad7-414c-bf08-28223cf15133>

This informative PDF describes the goals and mission of the program for the Navy Warfighters. Some of their biggest goals include injury prevention, utilizing operational movement that involves multiple joint movements simultaneously, and provides an example of a meal builder worksheet.

### **8.) Improving Wellness Through Public Health Action**

[Navy Marine Corps Public Health Center - Health Promotion and Wellness](#)

The Navy and Marines Corps Public Health Center offers some resources for service members, families, and retirees that include a health risk assessment, training, and future webinars.



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### **9.) Navy's New High-Tech Fitness Program Transforms Physical Training Practices Aboard Submarines**

[USW-Winter-2013.pdf \(navy.mil\)](#)

This informative PDF provides some historical background on the beginning of the NOFFS program, how they implement nutrition and physical fitness in their program, and includes success stories from Navy Warfighters who have been on the program.

### **10.) EXOS Is the Human Performance Company**

[EXOS | Human Performance | Services, Spaces & Technology \(teamexos.com\)](#)

EXOS, a program that partnered with NOFFS, explains their mission, solutions, and their clientele on this organizational website.