

NETWORK NEWS

UPCOMING EVENTS:

JULY 13 Helping Military Consumers Avoid Scams and Navigate Finances
11:00 am - 12:30 pm ET

JULY 20 Emerging Evidence for the Use of the Ketogenic Diet in Chronic Disease
11:00 am - 12:00 pm ET

JULY 27 Coming Together with Sesame Street: Resources for Racial Justice
11:00 am - 12:30 pm ET

JULY 28 Navigating Education Laws & Policies - Families with Special Needs
11:00 am - 12:00 pm ET

AUG. 03 Diversity, Equity, and Inclusion in Youth Programs - Part I
11:00 am - 12:30 pm ET

AUG. 05 Talking with Youth about Sex, Sexuality, and Media
11:00 am - 12:30 pm ET

Navy Operational Fitness and Fueling System:

The Foundation of Physical Readiness

The Navy Operational Fitness and Fueling System (NOFFS) provides the Navy with the best physical fitness and nutrition information so that the Sailors can maintain optimal physical readiness. The aim of the nutrition program is to help individuals improve athletic performance, reduce recovery time, prevent injury, and lead to optimal health status.

5 Areas of Focus in the Nutrition Fueling Series

1. Eat Clean - Choose minimally processed foods; try to eat foods in their most natural form. Seek to consume nutrient-dense foods. Nutrient-dense means a high amount of nutrients in relation to calories.

2. Eat Often - Consuming small meals every 2-3 hours, provides the body with a steady fuel source. The goal is to maintain blood glucose (fuel) in an optimal range throughout the day. Eating more frequently helps prevent roaring hunger and keeps a steady mindset to make good choices throughout the day.

3. Hydrate - Water is vital to so many of our body functions, such as lubrication of joints, delivery of nutrients, and temperature regulation. Dehydration not only impairs these functions, but it prevents your body's ability to recover and hinders athletic performance.

4. Recover - Post-workout, our body has diminished its fuel stores and broken down muscle tissue. Nutrition plays a key role in helping your body recover as quickly as possible to be ready to perform again at a high level. Therefore, it is important to consume a combination of carbohydrates (re-fuel) and protein (re-build) within 30 minutes after a training session, so the body can begin its repair process right away.

5. Mindset - Fueling does not come down to how much you know but what you do with what you know. Nourish your body and take care of it by remaining conscious of what you are consuming. It is recommended to follow the 80/20 rule; this means eating what you know is good for you 80% of the time and the remaining 20% of the time eating whatever you desire.

10 Rules to Live by for Good Fueling Choices

Come Back to the Earth: Choose whole, unprocessed foods.

Eat a Rainbow: Choose a variety of fruits and vegetables with meals and snacks.

The Less Legs the Better: Choose lean proteins.

Eat Healthy Fats: Examples of healthy fats are nuts, seeds, olive oil, and fish.

Eat Breakfast Everyday: Plan to eat within 30 minutes of waking up to jumpstart your metabolism.

3 for 3: Aim to consume all 3 macronutrients (carbohydrates, protein, and fat) every 3 hours and try to consume 4-6 small meals per day.

Stay Hydrated

Don't Waste your Workouts: Have a recovery meal immediately after your training and consisting of protein and a carbohydrate.

Supplement Wisely: Check with a registered dietitian or doctor before taking any supplements. Focus on obtaining nutrients from food first.

Sleep: Aim for 8 hours of sleep each night. Our bodies need time to recover and repair.

Fitness Resources

- The Navy Fitness Nutrition Series offers a plethora of great nutrition information and advice and provides useful fueling resources.
- The virtual meal builder will provide an individual with a meal plan based on their gender, weight, and goal.
- Mission Nutrition is a science-based 2-day course aimed to help you improve your knowledge and awareness of nutrition.
- Performance Nutrition helps Navy athletes fuel themselves based on their sport.
- The Nutrition Resource List includes plenty of resources for Sailors such as grocery lists, recipes, and supplement safety.

REFERENCE:

Fitness, Sports and Deployed Forces Support: Nutrition. (n.d.). Navy Fitness. Retrieved June 2, 2021, from <https://www.navyfitness.org/nutrition>



MILITARY FAMILY READINESS
ACADEMY

11 Free Courses Available for Disaster and Hazard Readiness

The Academy course list has added 11 courses from the 2020 - 2021 Disaster and Hazard Readiness series. These courses cover the basics of disaster preparedness, impact and response, and dive deeper into family caregiving, personal finance, the community recovery aspect, and more!

Learn more about each of the courses and easily enroll via this link:

<https://militaryfamilieslearningnetwork.org/mfra/disaster/>

[NEWSBITES]



LGBTQ+ Pride Month: Resources for Military Families

Various organizations and outlets share lots of resources and info in recognizing the LGBTQ+ community. To celebrate LGBTQ+ Pride Month, the Family Development concentration area compiled several important resources as well as some of their own programming on LGBTQ+ issues, specifically within military families. Check them out!

Fourteen Frugal Tips to Save on Utilities

Utility bills are a major recurring expense in family budgets, especially during the winter and summer months. Check out these 14 money-saving tips for personal financial managers (PFMs) to share with service members!

Probiotic and Prebiotic Foods: Feeding Your Bacterial Self

We know that diet plays a significant role in shaping our bodies and our health. New science on the microbiome highlights how a third factor, the community of microbes living on us, is also informed by our diet and lifestyle behaviors. Learn more about the health effects of probiotics in this blog post.

Let's Talk Caregiving & the Coronavirus

Caregiving is difficult enough, but the uncertainty of the Coronavirus added another hurdle to overcome for many individuals. Watch and listen as one caregiver shares her experience providing care during the pandemic and the impact it had on her everyday life.

Exploring the Thrive Initiative's Digital Empowerment Resource for Parents and Professionals | Anchored Ep. 23

In this episode, we are joined by Terri Rudy and Dr. Daniel Perkins of the Clearinghouse for Military Family Readiness to discuss promoting positive tech use for families, children, and teens. Terri and Danny join us for a conversation on their Digital Empowerment Resource for Parents and Professionals. This free online kit is a resource intended to offer support and to help educate children and youth about what it means to be a good digital citizen and to empower them to participate safely, responsibly, and respectfully in the virtual world.

[Listen to this episode!](#)

New Podcast Episode!



Warm Collaboration

In this episode, we explore the concept of warm collaboration. In Nora Bateson and Mamphela Ramphele's article "Finding a Way," warm collaboration and warm data are important parts of an approach to environmental and social change centered in relationships. These concepts offer a way of seeing the world that draws on complexity, instead of seeking to simplify. They show us a way of thinking in which people are not numbers and a way of working together in which people are not roles.

[Listen to this episode!](#)

