

NAVY FITNESS MONTH GUIDANCE AND
EVENTS-IN-A-BOX

Contents

Introduction.....3

Encouraging Fitness.....3

Suggested CFL Directed Incentives/Activities At The Command.....4

CFL’s, Submit Your Best Group Workout Or Activity.....4

Event-In-A-Box #1..... 5

 Scavenger Hunt Sign-up Sheet..... 7

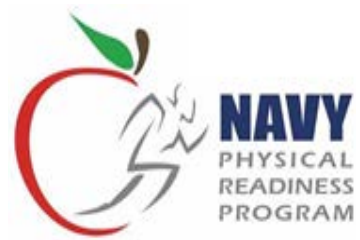
Event-In-A-Box #2..... 8

 Partner Run Challenge Sign-up Sheet.....10

Event-In-A-Box #3..... 11

 Bike Ride Sign-up Sheet..... 13

Event-In-A-Box #4..... 14



Introduction

May 2014 will serve as the first ever Navy Fitness Month. This is in conjunction with National Fitness Month. The purpose of this month is to promote fitness and healthy living around the fleet and encourage Sailors to incorporate a workout regiment into their daily routine with the support of the Commanding Officer and Command Fitness Leader. Physical fitness is often the last priority for Sailors, but in the month of May, it will be the first priority. Suggestions on how to encourage fitness are listed below but are not limited to these options. Four Events-In-A-Box are provided below to all commands to assist with local participation. These are pre-packaged group workout sessions that provide the CFL step-by-step instruction on how to plan, set up, and execute a large scale workout. The Events-In-A-Box do not have to be conducted on any specific day and can be changed to accommodate the needs of each installation or command.

As the Navy embraces a Culture of Fitness it is imperative that all Sailors know their fitness options. It is the responsibility of the Commanding Officer and Command Fitness Leader to promote and encourage healthy living through proper exercise and eating habits. Exercise will benefit every Sailor at work and home by making them faster, stronger, and by increasing stamina and building resiliency. Let's improve our Sailors and our Navy!

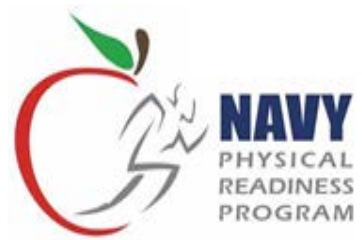
Encouraging Fitness

Commanding Officers

- Provide time during working hours for Sailors to PT
- Organize and be present during command PT sessions – lead by example
- Encourage physical fitness while off duty
- Provide incentives for top PT performers
- Provide incentives for non-tobacco users

Command Fitness Leaders

- Develop Command fitness programs and workouts
- Plan and execute the Events-In-A-Box activities
- Incorporate fun and quick challenge activities throughout the day
- Discuss the importance of physical activity in your command through GMT and/or seminars

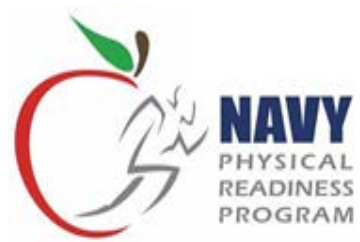


Suggested CFL directed incentives/activities at the command

- Start a Fitness Board with the PRP Newsletter, PRP Workouts of the month, PRT results/top performers, command fitness photos, fitness tips, upcoming local 5k/10K/adventure races, etc...
- Find a local race for your entire command to compete in
- Provide fast/efficient workouts to your members that maximize effort in a short amount of time
- Conduct a contest during working hours for most push-ups
- Conduct a contest during working hours for most pull-ups
- Conduct a contest during working hours for most squats
- Provide PT three days/wk
- Encourage Sailors to ride their bike to work
- Create lunch time workouts
- Use Events-In-A-Box with your command

CFL's, Submit Your Best Group Workout Or Activity

Submit a well organized group workout or activity to the Physical Readiness Program. We will compile all the workouts and select one based on sound exercise programming techniques and creativity. The selected workout will be featured on our website and used as the final Event-In-A-Box for Navy Fitness Month on 28 May. Submit your workout to navyprt@navy.mil by 30 April 2014.



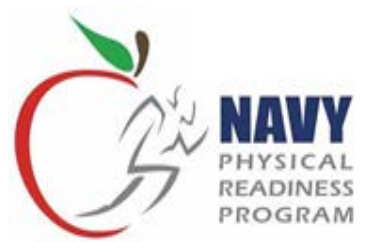
Event-In-A-Box #1

Scavenger Hunt, Wednesday 7 May – Groups of 5-15 (determined by organizer) Sailors are in a fitness race to the finish line that will test their cardiovascular and muscular fitness as they receive clues and hunt for the next station.

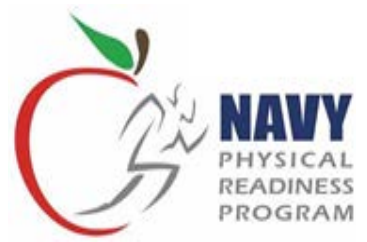
Description: The group leader will receive a clue or location that indicates where the first station is located. The group must run to this location as a group. All groups begin at the same time and run as a group to their respective location. Once they find their location, a staff member will have them perform a set of exercises as a group. Once the exercises are complete, the group will receive a “flag” from the staff member at that location and must travel back to the beginning location where they will receive the next clue to the next location. To ensure all groups run the same distance, they should return to the “start” after each successful station. The group that ends up at home base first with all the flags is the winner. Suggested exercises are such things as completing 500 squats in which every team member must perform at least 50.

Checklist

- 2 Months Prior
 - Identify 5-6 workout stations/areas on base that are approximately .5 miles away from the starting position.
 - Create “clues” or identifiers for each station (these will be provided to the groups to find the next station).
 - Decide which exercises to perform
 - All group members complete the same number of exercises
 - Collectively as a group, they must complete a total number
 - Participate in an obstacle course
 - Create signup sheet for teams
 - Receive MWR assistance for planning, equipment, etc...
 - Develop suggested prizes
- 1 Month Prior
 - Review routes to identify any changes or obstacles
 - Handout/email sign-up sheet for groups
 - Pass out posters
 - Select prizes for winners
- 15 Days Prior
 - Review running routes and exercise locations
 - Begin collecting sign-up sheets
- Day of Scavenger hunt
 - Ask pre-physical activity questions



- Provide safety brief to participants indentifying hazards such as standing water, traffic, etc...
- Have CPR certified personnel monitor event
- Provide warm-up
- Issue prizes to the winning group

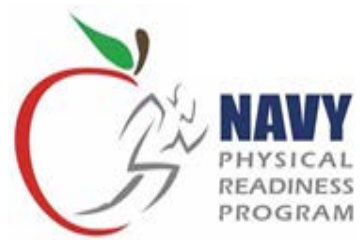


SCAVENGER HUNT SIGN UP SHEET

Teams are made up of 5-15 members (determined by organizer). Teams can consist of any rank or age. Command/code teams are preferred but are not necessary.

Team Name:
Team Members
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Submit signup sheet to _____ by _____.



Event-In-A-Box #2

3.0 Mile Partner Run Challenge, Wednesday 14 May - Groups of 2 Sailors are in a race to the finish line that will test their aerobic capability and teamwork.

Description:

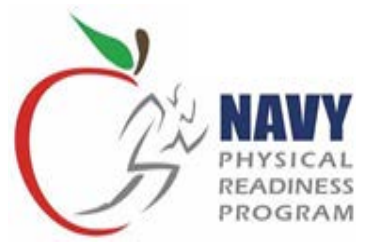
This is a two member team challenge, requiring team members to start together and finish together. Teams will consist of the same rank or age. Families and civilians are encouraged to participate. The 3.0 mile course will be located and designed on base during normal working hours for max participation. Course distance may be adjusted depending on space/time availability. Members can start on a staggered time of 30 second intervals if needed. The team finishing with the best time will be declared the winner for each category. Teams will be numbered 1...50 depending on participation. Categories can be determined by race organizer.

Categories

- Overall: 1st, 2nd, 3rd
- Officers: Any Age Team (1st only)
Any Rank Teams (1st only)
- Enlisted: Any Age Team (1st only)
Any Rank Teams (1st only)

Checklist:

- **2 Months Prior**
 - Identify the course on base to conduct the run.
 - Establish the starting line and finish line
 - Create a sign-up sheet for teams to register for the race.
 - Receive MWR assistance for planning, equipment, etc...
 - Develop suggested prizes.
- **1 Month Prior**
 - Review route to identify any changes or safety concerns.
 - Handout/Email sign-up sheet for participants
 - Select prizes for winners
- **15 Days Prior**
 - Review running route
 - Begin collecting sign-up sheets
- **Day of Run**
 - Ask pre-physical activity questions
 - Provide Safety brief to participants identifying hazards such as traffic, etc...



- Have CPR certified personnel monitor event
- Provide warm-up
- Issue prizes to the winning participants

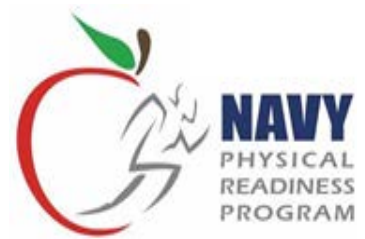
Event-In-A-Box #3

5 & 10 Mile Bike Ride, 21 May - An event for Active Duty, Families, & DoD employees to encourage physical fitness.

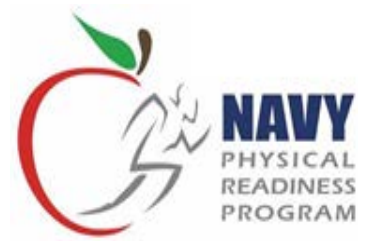
Description: Determine an appropriate 5 mile bike course with the assistance of base police. The mileage can be adjusted to meet base police or command requirements. Participants can ride the course once for five miles and ride the course twice for ten miles. To identify the 10 mile cyclist from the 5 mile cyclist, of a staggered start can be conducted. The 10 mile group will start first, immediately followed by the 5 mile group. All groups will start and finish at the same location. Base police can provide traffic control. Any bike styles are permitted. Families and DoD employees are encouraged to participate.

Checklist

- 4 Months Prior
 - Identify the route and determine where you will need police support (high traffic intersections)
 - Contact base security for police support
 - Identify start/finish location
 - Create a location where participants can sign-up (MWR/Email)
 - Contact MWR for assistance on planning and prizes
 - Establish a medical support team and emergency plan
 - Create a flyer to be posted at high traffic areas
 - Develop suggested prizes
- 2 Months Prior
 - Contact base security to confirm dates and time of the bike ride
 - Contact MWR to confirm dates and time of the bike ride and assistance
 - Post flyers to promote the event
- One Month Prior
 - Review routes to identify any changes or obstacles
 - Send sign-up sheets to all participants who are interested in signing up for the event
 - Have a sign-up sheet posted in the base gym
 - Create a map of the course
 - Send out flyers of event through emails and have flyers available at the base gym
- 15 Days Prior
 - Review biking route
 - Begin collecting sign-up sheets from MWR or through email
 - Contact base security for confirmation and to see if there are any changes
 - Contact medical for confirmation
 - Print maps for the course



- Email maps of course to participants
- Inform base security of the number of participants
- Day of Bike Ride
 - Ask pre-physical activity questions
 - Provide a safety brief to participants that will identify medical support, water stations, and traffic control, and cycling rules
 - Discuss route to all participants
 - Have CPR certified personnel monitor event
 - Provide warm-up
 - Issue prize to the winning group



Event-In-A-Box #4

To be determined by 30 April 2014