

# DEPLOYED FORCES FITNESS

Bringing Fitness to the Fleet

## FITNESS CALENDAR

# 2019

### JANUARY

- 15 NOFFS OPS
- 22 NOFFS STRENGTH
- 29 NOFFS ENDURANCE
- 30-31 MISSION NUTRITION

### FEBRUARY

- 05 NOFFS SANDBAG
- 12 NOFFS ESD - EQUIPMENT BASED
- 19 NOFFS REGENERATION

### MARCH

- 05 NOFFS OPS
- 12 NOFFS STRENGTH
- 19 NOFFS ENDURANCE

### APRIL

- 09 NOFFS SANDBAG
- 16 NOFFS ESD - EQUIPMENT BASED
- 23 NOFFS REGENERATION
- 29-30 MISSION NUTRITION

### MAY

- 07 NOFFS OPS
- 14 NOFFS STRENGTH
- 21 NOFFS ENDURANCE

### JUNE

- 04 NOFFS SANDBAG
- 11 NOFFS ESD - EQUIPMENT BASED
- 18 NOFFS REGENERATION

### JULY

- 09 NOFFS OPS
- 16 NOFFS STRENGTH
- 23 NOFFS ENDURANCE

### AUGUST

- 06 NOFFS SANDBAG
- 13 NOFFS ESD - EQUIPMENT BASED
- 20 NOFFS REGENERATION
- 27-28 MISSION NUTRITION

### SEPTEMBER

- 10 NOFFS OPS
- 17 NOFFS STRENGTH
- 24 NOFFS ENDURANCE

### OCTOBER

- 08 NOFFS SANDBAG
- 15 NOFFS ESD - EQUIPMENT BASED
- 22 NOFFS REGENERATION

### NOVEMBER

- 05 NOFFS OPS
- 12 NOFFS STRENGTH
- 19 NOFFS ENDURANCE
- 20-21 MISSION NUTRITION

### DECEMBER

- 03 NOFFS SANDBAG
- 10 NOFFS ESD - EQUIPMENT BASED
- 17 NOFFS REGENERATION

### SPECIAL EVENTS/ CHALLENGES

- March 15** THE ICE BREAKER CHALLENGE
- May 31** THE BEACH BODY TEST
- July 03** UNCLE SAM CHALLENGE
- October 31** HALLOWEEN FITNESS GAUNTLET
- December 13** BURN IT TO EARN IT

See reverse for class descriptions.

REGISTER AT - [www.navymwrmidlant.com/dff](http://www.navymwrmidlant.com/dff)

# DEPLOYED FORCES SUPPORT FITNESS DESCRIPTIONS

## **NOFFS OPERATIONAL**

The Navy Operational Fitness and Fueling Systems (NOFFS) combine both human performance and injury prevention strategies, resulting in safer training and positive human performance outcomes. The exercises used in NOFFS are designed to replicate the activities Sailors perform in their operational duties: lifting, pushing, pulling and carrying (eight hours)

## **NOFFS STRENGTH**

The Strength Series helps you develop the strength you need to perform at your BEST. **Build Muscle, Get Strong, Get Powerful!** (2.5 hours)

## **NOFFS ENDURANCE**

The Endurance Series will focus on your cardiovascular fitness. Break through training plateaus, and decrease injuries. This training progressively develops both the aerobic and anaerobic energy systems, effectively enhancing one's ability to cover greater distance or total volume of work at a faster pace. (2.5 hours)

## **NOFFS SANDBAG**

The Sandbag Series provides you with a training plan you can use in environments with limited equipment options. Learn to develop raw strength and power! (2.5 hours)

## **NOFFS ESD - EQUIPMENT BASED**

Equipment based training can help to reduce the impact on your body throughout your conditioning. Whether you choose a bike, elliptical, spinner, row machine or any piece of cardio equipment, they're all great for cross training which is an effective way to challenge the body. (2.5 hours)

## **NOFFS REGENERATION**

This Series helps facilitate recovery and assist Sailors with mitigating nagging aches and pains. This is a critical component to any training program. Come focus on soft tissue release utilizing a foam roll and trigger point balls, as well as flexibility routines using yoga asanas. (2.5 hours)

## **MISSION NUTRITION**

A standardized, science-based two-day course focused on improving your nutritional knowledge and awareness. Learn a variety of every day nutrition topics and ways to improve your eating habits as well as your overall health. (This course can be command requested and tailored to a once a week eight module training.)

## **GROUP EXERCISE TRAININGS**

These courses are upon AFLOAT COMMAND REQUEST only! The courses must be taught onboard and may have a prerequisite. A minimum of 5 personnel are REQUIRED in order to support the trainings.

These Trainings include:

- Spin Cycling:** 1-day, 8-hour training
- Yoga Basics:** 1-day, 8-hour training prerequisite to 5-day training
- Yoga: The Next Step:** 5-day, 20-hour training
- Step Training:** Must have some understanding of music, beat and choreography - 5-day, 20-hour training
- Kickboxing Skills and Drills:** 5-day, 20-hour training

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