



# PRP E-GRAM

## FOURTH QUARTER (CY) 2019

**Plank/Rower Update:** Naval Health Research Center (NHRC) has completed the first site study in October 2019 onboard Joint Base Pearl Harbor-Hickam, where approximately 150 Sailors volunteered to participate in two new potential fitness modalities (plank/rower). The next location of the study will be conducted onboard Naval Station Mayport, FL, between 9-14 December 2019. Two additional locations (Hampton Roads Area and San Diego) are under consideration as study sites for early 2020. Once the location and dates are confirmed, the PRP office will provide additional information. Sailors who meet the criteria as outlined in the attached NHRC recruitment letter, are highly encouraged to contact the NHRC POC: Rebecca Weller for further guidance.

**Medical Waivers:** Since the release of NAVADMIN 108/19, the PRP Office has received a substantial amount of questions related to “after the fact” medical waivers. As outlined in paragraph 5(a), in order to participate in the bad day makeup PRT, a member is required to be screened by medical for the following circumstances:

- does not complete any portion of the PRT;
- fails any portion of the PRT (for FEP enrollment);
- shows any signs of exercise distress (chest pains, shortness of breath, vomiting etc.)

If the CO/OIC **approves** the medical waiver, the member is no longer eligible for participation in the bad day makeup PRT. Remember, the member must be medically cleared to participate in all three modalities of the PRT (curl-ups, push-ups, cardio) for participation in the bad day makeup PRT. Additionally, if the medical waiver is approved by the CO for any modalities, CFLs are to update PRIMS to reflect “WAIVED” and enter scores for the modalities performed. (For example: Curl-ups=50, Push-ups=75, Run=WAIVED.)

If the CO/OIC **disapproves** the medical waiver, this means member is not medically cleared to participate in the bad day makeup PRT and the original scores from the PRT are to be entered in PRIMS. (For example: Curl-ups=50, Push-ups=75, Run=FAILED.)

**Did You Know?** As a new CFL, one of your first orders of business should be to gain access to PRIMS. Once you have established access, your next step is to ensure the command information page of each UIC you are the CFL for is up to date. The process to update your command page(s) is as follows:

- On your command page, click the edit button, search and update your name. Your phone number and email address fields should automatically populate.
- If your contact information does not populate go to your Member’s record, click details then edit and add your contact information and save/refresh your page. Once you return to the command page, your contact information should be populated.
- Follow the same steps to update the Commanding Officer/ CMC information on the page if needed.

If you need further assistance, contact the PRIMS helpdesk at 901-874-2210.

**10 Healthy Holiday Nutritional Tips:** Holidays are usually enjoyable. However, unhealthy habits can be attached to the parties and gatherings. Refer to below Holiday Nutritional Tips:

1. **Don't skip meals.** Skipping a meal with the goal of saving calories prior to a holiday event can often backfire and lead to overeating due to ravenous feelings of hunger. Having a filling snack, such as fruit, string cheese, yogurt or a small handful of nuts, can help to curb your appetite and prevent overeating.
2. **Contribute a healthy dish.** Ensure at least one nutritious choice is available at potlucks by contributing a healthy dish.
3. **Choose your splurges.** Scan the buffet or dinner table and choose a couple holiday favorites to splurge on instead of foods that you can have any other day of the year.
4. **Think Color.** Make a plate look festive by including fruits and veggies. Aim to cover half the plate.
5. **Choose drinks wisely.** Stick to calorie-free drinks, such as water, tea or seltzer, instead of high-calorie festive drinks. Alcoholic beverages contribute empty calories and can cause you to make poor judgments with food. If you do choose to drink alcohol, do so in moderation, and alternate each alcoholic drink with a glass of water.
6. **Visit the people, not the food.** Move socializing away from the buffet or appetizer table to prevent mindless eating.
7. **Say no to food pushers (politely).**
8. **Savor seasonal treats.** Having treats once a year will not make or break your weight. Make sure you take time to really taste and enjoy that special treat when you have it.
9. **Eat until you are satisfied, not stuffed.** No one likes that icky, stuffed feeling after a meal. Eat slowly, and check your fullness levels while you're eating. Remember — there are always leftovers!
10. **Don't feel guilty.** If you did overindulge, don't beat yourself up. Just make sure your next meal is healthy, and be sure to incorporate exercise into your routine.

**Additional resources:**

**PRP Guides (1 through 14):** [https://www.public.navy.mil/bupers-npc/support/21st\\_Century\\_Sailor/physical/Pages/Guides.aspx](https://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/Pages/Guides.aspx)

**CNIC 5-Day CFL Course Schedule:** <https://www.navyfitness.org/fitness/cfl-information/cfl-course-schedule>

**LIFELINK Newsletter:** [https://www.public.navy.mil/bupers-npc/support/21st\\_Century\\_Sailor/suicide\\_prevention/Documents/Lifelink%20November%202019.pdf](https://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/Documents/Lifelink%20November%202019.pdf)