



PRP E-GRAM

SECOND QUARTER (CY) 2019

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

CFL

Sailors are required to perform the Physical Readiness Test (PRT) exercises (Curl-ups, Push-ups, Cardio event), as prescribed in OPNAVINST 6110.10J, Operational Guides, and all supporting NAVADMINs. Modified attempts to any of these exercises are prohibited and shall not be acceptable for official PFA scores. If a member cannot perform the exercise event as prescribed, then they should seek for a medical evaluation prior to participation in the PRT.

Nutrition

Remind your Sailors of these Rules and even just one change per week will make a BIG difference in both their performance and body composition.

10 Rules to Live By:

- 1) **COME BACK TO EARTH:** choose the least processed forms of food. Fruits, veggies, whole grains and high fiber carbohydrates.
- 2) **EAT A RAINBOW OFTEN:** Eat fruits and vegetables with each meal. Choose a wide variety of colors for the biggest benefit.
- 3) **LESS LEGS THE BETTER:** Include a **LEAN** protein source with each meal.
- 4) **EAT FATS THAT GIVE BACK:** Include healthy fats in your diet like olive oil, nuts, natural nut butters, avocados, fish, flaxseed, and flaxseed oil.
- 5) Eat **BREAKFAST** every day!! When you start off the day eating within 30 minutes of waking up, you jump start your metabolism. This will also give you more energy to get your day going.
- 6) **THREE FOR THREEE:** Eat smaller portions more often, spread evenly across the day. No excuses—you should be eating 4-6 meals/day! Aim for all three nutrients (carbs, protein & fat) every three hours for optimal fueling.
- 7) **STAY HYDRATED:** Dehydration = Decreased Performance. Drink at least 3 liters of non-caloric beverages (water, green tea) every day.
- 8) **DON'T WASTE YOUR WORKOUT:** Have a post-workout recovery shake or meal that combines both carbs and protein immediately after your training.
- 9) **SUPPLEMENT WISELY:** Food first and supplement second. **ADD** a multivitamin and Essential Fatty Acid supplement into your daily routine if you are not getting what you need through food. Create a smart supplementation program that improves your performance without compromising your health or draining your wallet.
- 10) **SLEEP:** Aim for 8 hours of sleep. If you can't get 8 hours, consider power naps when you can. The body recovers and repairs best when it is sleeping.

Unsure if what you are eating is helping fuel your daily needs? Check out The Meal Builder System located at <https://www.navyfitness.org/nutrition/noffs-fueling-series/virtual-meal-builder>



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The meal builder is an easy way to understand both what and how much to eat at each meal. The essence of the system is for weight control, but we like to think of it more as a fueling strategy to get you to your goals. The meal builder will assign both males and females to their particular calorie zone. The recommendations in the zones provide a better idea of the amount of food that should be eaten to achieve your goals.

PRIMS

Did you know the PARFQ is a mandatory prerequisite to participate in the PRT? All Sailors are required to complete a NAVPERS 6110/3 Physical Activity Risk Factor Questionnaire (PARFQ) in PRIMS.

Sailors who earn the PRT incentive (Validated) defined in NAVADMIN 141/17 and do not participate in the PRT portion of the PFA cycle, **are not required** to complete a PARFQ for that PFA cycle.

Sailors who earn the PRT incentive (Validated) during a PFA cycle and choose to participate in the PRT portion of the PFA, **are required** to complete the PARFQ prior to participation in the PRT.

BLUF: A PARFQ is **not required** if the PRT portion of the PFA is not being conducted (Validated, DEP/OP, Pregnant, etc.).

In regards to question #2 of the PARFQ *“Did you fully participate in the last PFA cycle?”*, Sailors who earned the validation and did not participate in the PRT portion, should answer “YES”. Reason being is because you earned the validation incentive for the previous PRT, therefore, it is considered as “fully participating” in the previous PFA.

NOTE: We are in the midst of updating the PARFQ (NAVPERS 6110/3) to include “Validated” in the examples of question #2. Once complete, it will be available via PRIMS.