

# Fitness Enhancement Program (FEP)



# Objectives

- Provide an overview of FEP
- Discuss program challenges
- Review best practices
- Provide resources

# Fitness Enhancement Program

- What is it?
- The FEP is a command-wide program to improve fitness and nutrition



# Program Participants

- Members not meeting minimum PFA standards
  - PRT failure or probationary score for an event
  - Exceeds DoD maximum allowable body fat %
  - Exceeds Navy graduated body fat by age standards (a.k.a. Age-adjusted standards (AAS))
- Spot-check failure
- Self referrals
- Referred by chain of command

# Program History

- Negative connotation
- Perceived as punishment
- Stretch, push ups, sit ups, run
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- Lack of support

# Creating a Culture of Fitness

- Providing solid nutritional guidance
- Improved PFA pass rates
- Motivated FEP members
- CFLs
  - Encouraging
  - Educating
  - Motivating
- Fun, varied way to improve fitness



# FEP Program Requirements

- Written counseling for FEP enrollment
- FEP sessions will be led by designated CFL's, trained ACFL's or MWR fitness specialist
- FEP sessions will be held at least 3 times per week, and no more than 5 times per week, for a total of at least 150 minutes
- FEP Nutrition

# FEP Participation & Monitoring

- Required to remain enrolled in FEP until passing next official PFA and be within AAS
- If a Sailor is waived from the BCA and/or the same PRT event for which they failed, Sailor will remain on FEP until passing the next official PFA
- Monthly mock PFAs, including BCAs, do not constitute an official PFA



# FEP Documentation Requirements

- Weekly PT sessions
- Weekly body weight
- Monthly mock PFA (BCA + PRT)
- Nutrition education.
  - Maintain documentation of mandatory nutrition option completion
- ❖ FEP progress can now be tracked in PRIMIS!!!

# FEP Guidelines

- Use appropriate progression
  - Do not overload too quickly
- Structured to meet or exceed PFA standards
- Individualized goals
  - Member should actively participate in plan development for long term success

# Individualized Plan

- Provides
  - Exercise prescription
  - Nutrition guidance
  - Progress monitoring
  - Progress rewards
- Partner with a MWR Trainer

# Best Practices

- Communicate
  - State expectations
  - Provide resources
  - Page 13 counseling
- Variety
  - NOFFS (Strength/Endurance/Sandbag)
  - Intervals
  - Circuit training
  - Avoid long or daily runs

# Group PT Guidance

- Use run times to group Sailors into like fitness levels
- Limit formation runs
  - Altered stride length
  - Over-trains least fit and inadequate for most fit
- Avoid remedial fitness programs that over-train

# Acceptable Fitness Progression for BCA

- Emphasis on decreasing body fat vs. weight loss
- Adequate progression:
  - 1% body fat per month
  - 1-2 lbs weight loss per week
- No more than 5 lbs per month
- More than 5 lbs per week after the first month is a red flag for unsafe weight loss

# Acceptable Fitness Progression for PRT

- Push-ups or curl-ups:
  - ↑ reps by 10% of age-appropriate standard or 1 repetition/week
    - Ex: 18 yr old male, 36 push ups on PFA
    - $46 \text{ std} - 36 = 10 \times 10\% = 1$   
(↑ push up /wk)
- Run or Swim:
  - ↓ time by 10% of recent PFA - age-appropriate standard per week

# Requires Teamwork





# FEP Nutrition Education Requirement

- Nutrition Resource Guide 2018
  - On Physical Readiness/Nutrition website
- Sailor must choose one of the following nutrition education options:
  - Registered Dietitian at MTF locations
  - ShipShape at MTF locations
  - Commercial Weight Loss Program (i.e. Weight Watchers, Jenny Craig)
  - Nutrition Self-Study Course (via Official Navy PFA App)

# ShipShape

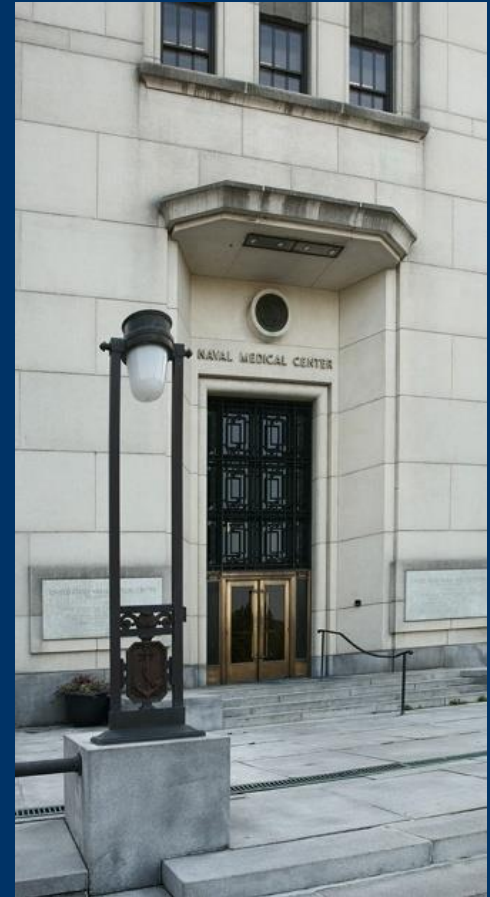
- BUMED – Approved
- Official Navy Weight Management Program
  - Basic nutrition knowledge
  - Healthy eating skills
  - Behavior modification
  - Exercise principles
  - Stress management

# Target Population

- Sailors exceeding or in danger of exceeding BCA standards
- Anyone preparing for change
- Other military or family member

# ShipShape Program

- Based on the latest research
- Local MTFs
- One hour per week for 8 consecutive weeks
- Ongoing self-monitoring
- 1-year monitoring
- Not mandatory, but highly encouraged if available



# Program Requirements

- CO's approval
- Screened for eating disorders and other disqualifying factors
- Completed Weight Loss Readiness Form
- Ready to change


# CFL's Role in ShipShape

- Act as liaison with MTF Health Promotion Director
- Refer Sailors as needed
- Record monthly weigh-ins in PRIMS
- Be familiar with program to support your Sailors
- ShipShape is not mandatory
  - Not all members are ready
  - Offer and have member sign a page 13 if they decline

# Registered Dietitian (RD)

- Located at MTFs, may need PCM referral
- Classes or individual counseling
- Bring 3-day food record to appointment
- Follow-up visits per RD
- Good idea for anyone not making progress

# Nutrition Self-Study Course

- Official Navy PFA Mobile App 
- Available for download for Android & iOS users.
- Self-guided nutrition course
  - 5 weekly modules with quiz after each module: 80% or better progresses to next module
  - Single course completion certificate after successfully passing all modules with 80% or better.



# Make the Difference

- Assist member to
  - Recognize needed changes
  - Set obtainable goals
  - Integrate fitness into daily routine
- Inform leadership of
  - Improved performance
  - Declining trends for fitness failures

# Who may participate in FEP?

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- Members not meeting minimum PFA standards
- Spot-check failures
- Self referrals
- Those referred by chain of command

**FEP participation is required for  
a minimum of \_\_\_\_\_ days a  
week for a total of at least  
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- 3 days, 150 minutes

# What needs to be documented for FEP participants?

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- Weekly weight and PT logs
- Monthly BCAs and mock PRTs (entered in PRIMIS)

# Summary

- FEP is not a punishment
- Your support is needed
- Must incorporate physical activity and nutrition education
- Know and seek out available resources



# Resources

- Physical Readiness Program Command Fitness Guide: Command/Unit Physical Training (PT) And Fitness Enhancement Program (FEP) 2011
- BUMED Policy Letter, Feb 2007

# Resources

- Navy and Marine Corps Public Health Center (NMCPH)
  - [www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/healthy-eating.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/healthy-eating.aspx)
- Physical Readiness Links
  - [www.public.navy.mil/bupers-npc/support/physical/](http://www.public.navy.mil/bupers-npc/support/physical/)

# Questions?



# Fitness Programming Assignment

- One scenario per group
- Work together on the requirements
- Requirements:
  - Overview of a 8 week exercise program
  - One detailed workout
  - Exercise presentation on day 5 (each group member must be ready to lead at least one exercise of the detailed workout)
  - Oral presentation on day 5