

# FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page  
<http://www-nehc.med.navy.mil/hp/index.htm>

## Friday FACTS

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18 August 2000

"Leadership, Partnership, and Championship"

### ANNOUNCING

Navy Environmental Health Center (NAVENVI RHLTHCEN) proudly introduces the US Navy Physical Fitness Training Kits. The Kits are designed to improve the participation rate of physical activity throughout the Navy and provide guidelines for developing personal exercise programs. They provide a scientifically-based, practical resource to assist and guide health promotion coordinators, health care providers, and physical fitness trainers in promoting healthy lifestyles for Sailors and their families. The training kits address the three primary components of physical fitness: aerobic (cardiovascular) fitness, muscular fitness, and flexibility/injury prevention.

The Navy Physical Fitness Training Kits include upbeat presentations on assessing personal needs, setting realistic goals, planning effective training programs, training techniques, and

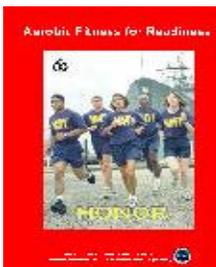
injury prevention tips. Each Kit includes the following information: introduction, steps on preparing for the presentation, script, slides, CD ROM, promotional material, reference material, plan of the day notes, and handouts.

The US Navy Physical Fitness Training Kits were developed in a coordinated effort of active duty Navy focus groups at ten different sites, The Cooper Institute for Aerobic Research, Dallas, TX, and NAVENVI RHLTHCEN Physical Fitness and Injury Prevention Program Manager, Diana Settles, MAT, ATC. In addition to the Navy Physical Fitness Training Kits, the focus groups assisted in developing and designing many other Navy Physical Fitness Enhancement Initiative resources - including a US Navy Personal Training Plan Booklet and 12 posters depicting the three primary components of physical fitness. Sailors who have internalized the

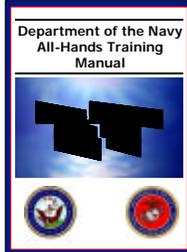
commitment to a healthy lifestyle were used as models for these posters. For information about these resources, see the NAVENVI RHLTHCEN Homepage for physical fitness: (<http://www/nehc.med.navy.mil/hp/fitness/index.htm>) or contact Diana Settles at [settlesd@nehc.med.navy.mil](mailto:settlesd@nehc.med.navy.mil)

Physical fitness is a Quality of Life issue that has enormous impact on our readiness as a force. Without strong, fit, committed Sailors, we cannot operate our defense systems. Physical Fitness for Readiness is an integral part of the Navy Core Values - Honor, Courage, and Commitment.

We wish you the best in your training efforts and will continue to serve as a resource to assist you in any way we can. Together, we can  
**FORGE THE FUTURE!**



### Suicide Prevention Training Kit



The DON Suicide Prevention Program Training Kit Taking Action-Saving Lives is now available! Kits

have been mailed to MTF HP Departments. The material (PowerPoint Presentation, manual) may be downloaded from the Home Page and the ordering information for the video is also on the NEHC HP Suicide Prevention Presentation Page <http://www-nehc.med.navy.mil/hp/>

### Important News

#### Commands Receiving Year 2000 Command Excellence in Health Promotion Awards

Year 2000 Command Excellence in Health Promotion Awards were sent to Commanding Officers or OICs of all commands receiving the Year 2000 Awards on 13 June, 2000. If you are the Health Promotion Coordinator or the individual who submitted an awards package at one of the 30 commands who received an award, please check with your CO or OIC to ensure receipt of the award. If your command award has not been received, please E-mail Sally Vickers at [vickersss@nehc.med.navy.mil](mailto:vickersss@nehc.med.navy.mil)