

Are You Ready for the PFA? Your Countdown Starts Today



The countdown to the Navy's first Physical Fitness Assessment (PFA) cycle in over a year has started.

Testing can begin in three months for the Physical Readiness Test (PRT) and the Body Composition Assessment (BCA). That's plenty of time to get your body back into shape to pass, the Navy's fitness and nutrition experts say, provided you get moving now.

"You need to take a measured approach," said Senior Chief Information Systems Specialist Shundrea House, a member of the Navy's fitness team in Millington, Tenn.

Many Sailors have been in a sedentary lifestyle since last year's fitness assessments were canceled due to COVID-19. As command leadership and fitness leaders, we need to build fitness culture back up.

House points out that NAVADMIN 024/21 allows commanders to approve group physical training again down to the division level and the ability to conduct spot check BCAs provided social distancing and Centers for Disease Control guidelines are used.

"Come July, we don't want them to show up not having done anything to prepare this whole time," she said.

Where possible, House says command

fitness leaders should already be ramping up efforts to get Sailors re-engaged in physical fitness. She suggests holding group physical training at least three days a week for a minimum of 50 minutes each time.

"Get some calisthenics in there and some good dynamic exercises," she said. "It doesn't have to require gym equipment, just good bodyweight exercises — get the plank in there too and don't forget cardio."

"You don't need a gym to get started," she said. "NOFFS, the Navy Operational Fitness & Fueling System is a Navy-approved series of workouts that offer everything a Sailor needs to get fit and prepare for the PFA."

The key here is to just do something, she said. Walking for half an hour a day, for example, is an excellent place to start.

"I can't emphasize enough that Sailors need to take a measured approach," she said. "The worst thing you can do is do too much before your body is ready and get yourself injured and lose the next three weeks of preparation."

A measured approach is also necessary for those who are trying to lose weight over the next three months to be ready for the BCA, according to Navy nutritionist Lt. Cmdr. Melissa Amescua.

"If you are trying to lose 10 to 15 pounds to be ready for the BCA in July, there is plenty of time to do this safely," she said. "It starts with evaluating everything that factors into weight loss."

What you eat and how much you exercise play the most significant roles in controlling weight, she said.

"That's why it's very important to make an honest assessment of exactly where you are [physically] and make a plan for what you need to accomplish in the next three and a half months," she said. "Losing one to three pounds a week is a realistic goal."

Amescua warns against starting too late as well as trying to use "quick fix" fad diets that can be dangerous to your health. Also, she notes, the best way to lose weight and maintain that weight is to change your culture of eating permanently.

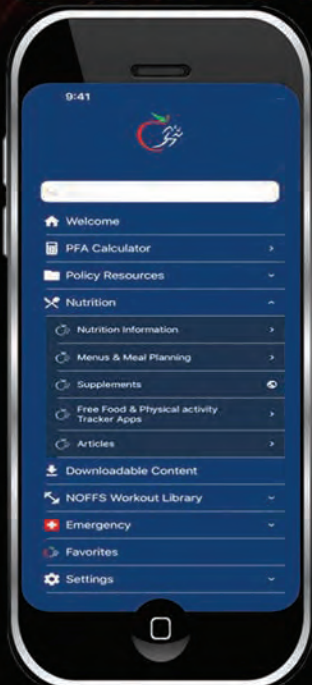
"Get smart on nutrition and evaluate your eating habits," she said. "If you are that person who will buy a bag of something and eat it all in one sitting, then just don't buy those things."

The key is to get smart on what you eat. The Navy has put a lot of time and energy into resources that can help you plan a strategy and keep yourself at a good and healthy weight.



Best shape ever?

MyNavy has an app for that!



The Official Navy PFA is currently the number 1 "trending app for Sailors" in the Navy App Locker. Download today to find out how it can help you get back into shape! Visit: applocker.navy.mil.



Navy Fitness: There's an App for That

Have you heard about the COVID 25? And what we mean by that is the 25 extra pounds a few of us have gained during the pandemic. In many cases, we've been sitting more and working out less. So, we are here to remind you not to let the coronavirus get in the way of passing your Physical Fitness Assessment (PFA). It's time to take charge and get in shape because the PFA cycle is fast approaching!

Lest we come empty-handed; here is a tool to help get you ready to pass with flying colors. The Official Navy PFA App is ready to download right now and is about to be updated to include plank and rowing option calculations.

Per Navy standards, this app provides Sailors with all the Physical Readiness Program information they need to maintain optimal health and fitness. It offers current guidance regarding the Navy's Physical Readiness Program, including information on appropriate nutrition, health, fitness, aerobic capacity, muscular strength, muscular endurance, and body fat composition.

It is the "one-stop shop" for all the official Navy Physical Readiness Program information. Among other features, the Navy PFA App includes the following:

- Program Application Resources, such as a "How to" video library (3-step body composition assessment measurement videos, physical readiness test event videos, and other products), as well as instructions and operating guides based on the OPNAVINST 6110.1 series and associated NAVADMINS.

- Nutrition Resources, including a self-guided nutrition course. This course builds on the user's nutrition knowledge, helping them create and maintain a healthy eating lifestyle, weight goals, stress management, sleep, motivation, and energy before, during, and after workouts.

- Command Physical Training (PT) and Fitness Enhancement Program (FEP) Source Information.

- Instructor-directed Navy Operational Fitness and Fueling Series (NOFFS) library of 75+ approved Command PT and FEP-specific workouts.

The app also features a Navy mobile PFA Calculator that combines the PRT Goal Calculator's capabilities, the Practice PFA Results Calculator, and the Bike Calculator found in the Official Navy PRIMs (Physical Readiness Information Management System) Program.

An update will be released very

soon that provides calculators for the new plank event. You will be able to practice various scenarios to see where you need to concentrate your efforts to get your best personal score. Now that the rowing machine has been added as a cardio option, you will also be able to determine your performance requirements to see if rowing is the best cardio option for you. Look for these and other updates coming very soon.

The Navy's Physical Readiness Program policy establishes requirements to ensure both Active and Reserve personnel maintain the level of physical fitness required to support overall mission readiness.

The app enables Sailors to confidently prepare to meet these standards as they strive to achieve consistent physical fitness and is updated regularly as requirements change.

The app is comprehensive, easy to use, and offers public content, so no authentication/authorization is required. Go to the Navy App Locker at applocker.navy.mil and download yours today!

Please be sure to like, comment and give us your suggestions. Your feedback matters and helps us plan for even better enhancements in the future.

Are Your Sailors Medically Ready for their Physical Fitness Assessment?

Preparing for the upcoming Physical Fitness Assessment (PFA) is not just a matter of diet and exercise.

Each year, all service members must complete their annual Periodic Health Assessment (PHA) to show they are fully deployable. This requirement, if not completed on time, can result in fitness assessment failure by default.

The same is also true for completing a Post-Deployment Health Re-Assessment (PDHRA).

These medical assessments must be completed to ensure Sailors are healthy enough to participate in the PFA. Even the PFA's own medical screening form, the Physical Activity Risk Factor Questionnaire (PARFQ) cannot be filled out if a Sailor's PHA is not complete.

"If a Sailor does not have their PHA completed in time for their command's PFA, they will be ineligible to take the assessment and will be marked a failure," said David Greene, Supervisory Program Manager for Compliance and Competencies for the Navy's Physical Readiness Program.

At the root of the issue is the fact that the COVID-19 pandemic has resulted in an exception allowing 485 days between PHA's. The result is a rise in the number of delinquent annual Navy PHAs and PDHRAs. That number, according to Navy

Medicine, currently sits at 82,095 as of March 30.

Commands should be tracking their Sailor's status. With three months left before the July start of this year's PFA season, there is little time remaining to get every Sailor squared away.

Waiting until the PFA cycle could lead to a situation where medical treatment facility providers don't have enough capacity to get Sailors through their PHA in time - resulting in a failure for the PFA. This is because Sailors often need other appointments such as immunizations to become completely PHA compliant.

To make sure PHA compliance is met, Sailors should check their Individual Medical Readiness (IMR) Status on BUPERS Online (BOL) at <https://www.bol.navy.mil>, or with their local medical department.

Those who are due or overdue should go online and complete the service member questionnaire for either the PHA at <https://data.nmcphc.med.navy.mil/PHA>; or the PDHRA at <https://data.nmcphc.med.navy.mil/eDHA>.

For commands, this isn't a fire-and-forget item. Leaders at all levels should follow-up to ensure their Sailors will be medically ready for the fitness tests this summer.



CNP Checks in with NTAG Richmond for a Virtual Recruiting Update



When the COVID-19 pandemic hit in early 2020 and the nation quarantined, the Navy's cadre of recruiters kept going.

In spite of a focus change in recent years that shifted much of recruiting online, where today's younger generation lives, these recruiters did not skip a beat.

This quantum shift in how the Navy Recruiting Command does business is what Vice Adm. John B. Nowell, Jr., the chief of naval personnel, wanted to highlight when he visited the Navy Talent Acquisition Group (NTAG) in Richmond, Va. on March 3.

"We had to shut recruiting stations down," Nowell said to a group of local media gathered at NTAG Richmond for the visit. "We couldn't get into high schools. They weren't open along with many of the places that we would normally go to talk to Americans about the great opportunities that the Navy has for them, so Sailors figured out how to do that in the digital space, in the virtual world. Nobody's better than a US Navy Sailor

at figuring out how to get something done despite any challenge."

The result, he said, was an impressive group of recruits, thousands more than just a couple of years ago.

"This past year, we brought in 40,000 Sailors," he said. "We did it with fewer recruiters, and we did it amidst COVID, a pretty monumental challenge."

The Navy used to spend a lot of money buying time on traditional media, such as television commercials during major sports events. Nowell said times are changing, and recruiters need to be where those potential recruits are hanging out.

"They're on Instagram, they're on YouTube, they're on Twitter, they're on Facebook," Nowell said. "So, we spend a lot of time getting the word out there to make sure they know the opportunity that the Navy has, and that's been instrumental to our [recruiting] success."

For recruiter, Machinist Mate 1st Class Briana Harvey, she navigates a constantly evolving virtual landscape to find potential recruits. As social media evolves and new platforms become popular, she has to shift gears quickly.

With platforms like Clubhouse, Caffeine, and Houseparty growing in popularity, "we're still trying to figure those out" Harvey says as she and her fellow recruiters continue to utilize older platforms like Instagram and Twitter to get the word out about Navy opportunities.

"They are on Facebook, also, [though] they're a little bit older when they're on Facebook."

It was on Instagram where recruit Emily Suarez from Woodbridge found the Navy. She was investigating what she'd do after high school. The Navy was in the back of her mind thanks to a taste of service received by participating in her school's Junior Reserve Officer Training Corps unit. An Instagram post made the connection for her.

"People that are my age, we're always on our phones, like we're glued to them all the time, 24/7," she said. "I found the Navy through Instagram; it's a good way for people [in] my generation, who are interested in joining, to find the Navy."

Though she doesn't remember the exact post or its content, it resonated with her. She made the next move and reached out to a recruiter.

"I think this was a sign that was saying, like, you've been considering it all through high school, maybe you should do it," she said. "I went on the Navy website, and the next day, Briana Harvey gave me a call, and it's all history from there."

Suarez swore into the delayed entry program on June 12, 2020, and will head off to boot camp once she finishes high school this spring. She will train to work in the Navy Supply Corps as a logistics specialist.

"This has all been such a wonderful experience," she said. "I am so happy with my choice and so eager and ready to get going."

Navy Creates Seabee Master Chief Rating



After an extensive review of the senior enlisted Seabee community, a decision was made to create a single rating at the E-9 level.

Effective March 15, all Seabee ratings have been compressed into a single rating at the E-9 level: Seabee Master Chief (CBCM). The update eliminated the three existing E-9 compression ratings in the community.

The move, announced in NAVADMIN 054/21, released March 5, will result in an immediate title change for all current Seabee E-9's in the Constructionman Master Chief (CUCM), Equipmentman Master Chief (EQCM) and Utilities Constructionman Master Chief (UCCM) to CBCM. The rating change applies to both active-duty and selected reserve

Sailors.

The positive impact of the change on the enlisted Seabee community will be felt over time. However, it is expected to give Sailors a natural career progression and increased advancement opportunity at the highest enlisted rank.

Because the numbers of billets open to Sailors decrease as they move up in rank, this means qualified Senior Chiefs will no longer be limited to advancing to vacancies in their source ratings. Instead, CBCMs will be selected from the best and most fully qualified Senior Chiefs across the entire force, ensuring that the most qualified E-8 candidates advance each year.

"After an extensive review of current Naval Construction Force (NCF) Master

Chief billets was conducted, it was determined that the majority of the billets can be filled by any Seabee Master Chief regardless of source rating," wrote Vice Adm. John B. Nowell, Jr. in the message. "This initiative directly supports Sailor 2025 and Rating Modernization by creating an opportunity for the NCF to leverage a larger pool of qualified Senior Chiefs to advance to Master Chief."

No action is required by the Sailors. The change in ratings happened automatically on March 15. There is no new rating badge either; instead, current source rating badges will be retained.

The fiscal year 2022 E-9 active-duty and reserve selection boards will be the first where sailors will be advanced from E-8 into the CBCM rating. The Reserve board convenes in April 2021, while the Active-Duty board will follow in June.

The move does not impact the CUCM rating compression of Builder, Engineering Aide, and Steelworker at the E-8 level created in 2015. Career Progression for Sailors in those ratings will stay the same through E-8.

Though the review found that any Seabee Master Chief could fill over 90 percent of E-9 billets in the NCF, officials have decided to also track each Sailor by their source rating. This allows Sailors to be easily identified for filling the few billets requiring rating-specific skills.

As a result, all existing and future CUCM, EQCM and UCCM personnel will be awarded an NEC code to identify their source rating. More details on this and a list of codes are available in NAVADMIN 054/21.

COVID-19 Testing Prior To Overseas Transfers and Travel

Planning a transfer or traveling overseas? Make sure you work getting a COVID-19 test into pre-travel planning, or you could find yourself missing your flight.

Today, nearly all countries including the United States require proof of a negative COVID-19 test before arrival in their country. Failure to get one and possess this proof could result in being refused travel.

According to NAVADMIN 026/21, all service members and each family member are required to have a negative COVID-19 test within 72 hours of their departure and must possess proof of the negative result to depart.

For commercial flights, that proof may be electronic or printed. For flights through Air Mobility Command (AMC), Patriot Express (PE) or Military aircraft

flights, the proof must be printed.

At this time, valid proof of COVID-19 vaccination does not exempt anyone from the testing requirement for travel.

One note to remember is that those previously infected with COVID-19 may still produce a positive result with a molecular test. Anyone unable to achieve a negative result should consult their medical provider, the Foreign Clearance Guide (FCG), and travel provider to determine the necessary medical clearance documentation for their situation.

Most likely, necessary documentation will include proof of COVID-19 positive results, written documentation from the treating physician that the traveler has recovered, and the date of the onset of symptoms or positive test.

COVID-19 tests can be either molecular

or antigen. The molecular test is the preferred test before travel. An antigen test may be used for testing prior to travel when a molecular test is not available.

Travelers should research their destination requirements. If a specific kind of test, test timing, or test result format is required for entry, travelers should comply with that stricter requirement.

Failure to meet specific country entry requirements can result in delays, fines, or other complications upon arrival.

Helpful links for researching destination requirements are available in NAVADMIN 026/21. It can be found on the MYNAVY HR website under the "References" tab on the home page.

Further help is available through the MyNavy Career Contact Center at 833-330-MNCC/6622 or by email at askmncc@navy.mil.

Leadership Seeks Your Opinion on Sea Duty in a Sea Shore Flow Replacement Survey

The Navy is evaluating a replacement policy for Sea Shore Flow. As part of the policy's development, there is a significant need for Sailors' opinions as to what is most important to them including what incentives are most fulfilling for assignment to high-value jobs on sea duty.

Policy changes that come out of this survey will impact the rest of your career and those of Sailors coming up in the ranks behind you.

Balancing the needs of the Navy with the desires of Sailors has long been the Navy's goal. This goal has always been difficult to achieve due to the disparity between Sailor inventory and availability and at-sea billets which continues to result in gaps at sea. Attempts to reach the right balance have resulted in multiple sea tour policy updates over the last three decades, all in an attempt to better man the Fleet and provide Sailors an improved

work/life balance.

The Navy needs to achieve higher manning levels throughout the entire Optimized Fleet Response Plan (OFRP) cycle, including the maintenance and training phases, while also rewarding Sailors for assignment to high-value jobs at sea.

Your input will help the Navy identify new opportunities and incentives that Sailors value most. Options such as increased advancement-to-position opportunities, as well as monetary and non-monetary incentives, are all being considered.

These could end up as packages of perks offered to Sailors during the detailing process. If you have an idea or an opinion, now's your chance to make a difference.

The survey takes roughly 30 minutes and is available at <https://go.max.gov/dod/seashore>. Some Sailors, such as those

in the 22 most sea intensive ratings, will have received an email request to take the survey. This came from Max.gov and is not a phishing attempt. The link in the email will take you to the same survey site.

The survey is only open to active-duty Sailors. To access the site, Sailors must enter their Department of Defense ID number located on the back of their ID card to prove their active component status.

Leadership wants candid responses to the survey, so none will be tracked back to individual Sailors. Only aggregated responses from Sailor's opinions and ideas will be included in the final report.

The survey results are expected to be released later this fiscal year and the Navy hopes to field its new policy soon thereafter. Act now to take the survey as soon as possible because your opportunity to shape Navy policy ends soon.

Want more flexibility in choosing your career path?

Want more incentives to stay at sea?

Want options to stay in a geographic area when picking orders?



Take this survey and give your feedback!

<https://go.max.gov/dod/seashore>





SAAP

MONTH

Respect
Protect
Empower

