ABOUT THE CCN NAVIGATOR

GUIDING THE WAY OF THE CCN TO SUPPORT SAILORS

This newsletter provides members of the Cultural Champion Network (CCN) with important and timely information, updates, and resources to carry out their roles in supporting Sailors to help the Navy drive towards a Culture of Excellence (COE). This edition of The CCN Navigator primarily focuses on preparing for the Physical Fitness Assessment, LGBTQ+ Pride Month, and nutritional readiness.

Feel free to share the CCN Navigator content with others who may benefit. If you have questions or would like to submit feedback, please contact CulturalChampions@navy.mil. To subscribe, click here.

GET IN GEAR: WHAT ARE YOU DOING TO PREPARE FOR THE PHYSICAL FITNESS ASSESSMENT (PFA)?

BY MR. DAVID GREENE; PHYSICAL READINESS PROGRAM; 21ST CENTURY SAILOR OFFICE

The coronavirus pandemic continues to interrupt much of our daily routines to include physical fitness. The challenges of working from home, base gym closures, and restrictions placed on using public gym facilities make it difficult to maintain a consistent workout routine. Despite those challenges, don’t wait until the 10-week notice to start a workout regime for the 2021 PFA cycle, or you will be behind the curve. Command Fitness Leaders (CFLs) and Assistant Command Fitness Leaders (ACFLs) should be proactively conducting command group physical training and Body Composition Assessment (BCA) spot checks while following social distancing guidelines and preparing Sailors for the upcoming PFA.

Tips for getting you and your Sailors moving in the right direction:

Make a Plan: Sailors should take a gradual but progressive approach when getting back into fitness. Initially, start small and set realistic goals. A great resource to use is the 5-week conditioning plan created by Morale, Welfare and Recreation (MWR) Fitness. This fitness program was designed to reintroduce you and your Sailors to physical activity while preventing injuries. In addition to finding times that work for your schedule, help your Sailors identify times that work for them. Having a specific time set aside will help them stick to their goals.

Clean Up Your Diet: It is important to make a conscious effort to choose foods with health and fitness in mind. Instead of eating that greasy hamburger and fries, consider opting for grilled chicken with steamed vegetables. Another great way to stay on track is by planning your meals and building in time for meal preparation. Contact your CFLs, ACFLs, and registered dietitians for additional resources such as the Navy PFA App and the meal builder function within the Navy Operational Fitness Fueling System (NOFFS) App. An overview of NOFFS programs can be found here.

Get Moving: As you begin a workout regime, it is essential to allow your body to adapt to new physical activities. Take it slow! It is always good to warm up with some dynamic exercises before engaging in a rigorous fitness routine. Many free workout apps provide a plethora of exercise routines, at-home fitness programs, and nutrition tips to keep your Sailors on track with their fitness goals. NOFFS is a three-part exercise series that contains a library of exercises to help get you back in shape. At home workouts can be just as effective as the gym. Additionally, it is crucial to exercise for at least 150 minutes of moderate activity per week (e.g., 50 minutes three times per week or 75 minutes two times per week).

Bottom Line: While we’ve gone through three cycles without a PFA, now is the time to kick things into high gear and get moving. There are tremendous benefits to engaging in regular physical activity, including improved memory, mood and sleep quality, and reduced feelings of anxiety, stress, or depression. Remember, it is every Sailor’s responsibility to be physically ready 24/7/365.
ON YOUR RADAR

MAY OBSERVANCES

Mental Health Awareness Month
Mental Health Awareness Month is a time to educate the public and raise awareness about mental or behavioral health issues and to reduce the stigma that so many Sailors experience.

Asian American/Pacific Islander (AAPI) Heritage Month
AAPI Heritage Month recognizes and celebrates the accomplishments and contributions of the diverse AAPI communities that make up our nation and our Navy. The diversity of our fleet is integral to our readiness, and reflective of the nation we serve.

INTERNATIONAL CAREER ADVANCEMENT PROGRAM (ICAP) APPLICATIONS

2021 ICAP applications are now being accepted through May 14. Applications must be properly routed and submitted to OPNAV N17 for consideration. For more information, click here or email CDR Andrew Johnson at andrew.i.johnson3@navy.mil.

DIVERSITY, EQUITY, AND INCLUSION (DEI) WEBINARS

DEI webinars are monthly opportunities to explore various topics around inclusion and diversity. For more information, please email N17 DEI at ALTN_USN_INCLUSION_AND_DIVERSITY@navy.mil.

Upcoming webinars include:

May 19: Guiding Navy Parents

June (Date TBD): Pride Month & Our LGBTQ+ Service Members

UPCOMING DEI AWARDS DEADLINES

Deadlines for a variety of DEI-related awards are coming soon. Please share with your teams and encourage participation. For more information on awards, email Mrs. Wendy Boler at wendy.boler@navy.mil.

May 21: American Indian Science and Engineering Society (AISES)

May 26: Blacks in Government Military Meritorious Service Award

May 28: Hispanic Engineer National Achievement Awards Corporation

JUNE IS PRIDE MONTH

Celebrated every June, LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, and Queer) Pride Month, recognizes and celebrates the community, history, and contributions of LGBTQ+ Americans. As we celebrate our fleet’s diversity and commemorate our LGBTQ+ Service members and civilians for their dedicated service, we should also acknowledge our nation’s complex historical legacy. Acknowledgment is a critical part of our progress towards a more equitable, inclusive, and respectable military service. Resources related to Pride Month are available on the Defense Equal Opportunity Management Institute website.
MAY IS PHYSICAL FITNESS MONTH: “REMEMBER YOU CAN’T OUTRUN A BAD DIET”

BY LCDR MELISSA AMESCUA, MS, RD/LD, MSC, USN; OPNAV N17 21ST CENTURY SAILOR OFFICE

The phrase “you can’t outrun a bad diet” is the bottom line when we talk about maintaining a healthy body with Sailors. The way you eat, and the nutrition habits you have will have a far more significant impact on your body composition and the way you look than any other fitness component. Combining both exercise and healthy eating will be the most successful way to make body changes, whether trying to lose fat or gain strength.

In the next two months, the Navy will resume BCAs and initiate PRTs. As leaders, it’s important to realize that over the last several months, COVID may have had a negative influence on your Sailors’ body composition and fitness routines.

The time for change is now. Here are a few questions to ask:

• What are your nutritional and fitness goals?
• Are you within the Navy’s required body standards?
• If you aren’t, have you identified what your dietary needs are to optimize performance?

If you have been exercising regularly but not seeing results, I’m going to ask you whether you’ve considered the nutritional component of your physical fitness routine. As a dietitian, my recommendation is that Sailors refocus their efforts to see how nutrition can deliver impactful results.

The first step in this process is to dig deep and find your motivation. Your motivation should not be centered around passing a BCA, but something specific for you and your health.

The second step is to set some goals for weight gain, weight loss, or to improve your overall health. If your goal is weight loss, please realize that your goal should be no more than one to two pounds per week to lose weight healthily. This means you might only lose four to eight pounds in a month, but it is proven that slow and steady will win the race for you to keep that weight off.

Step three is to make lifestyle changes that are realistic and sustainable. Some examples are limiting and or avoiding soda, chips, and unhealthy items that are not assisting you in achieving your goals. Increasing vegetables, fruits, lean proteins, and whole grains and making them staples to your diet are essential changes to incorporate.

For assistance, try out the Navy’s improved official PFA app and check out the updated nutrition section, which can help you identify your body mass index (BMI), calorie intake, and provide resources for performance and weight management.

In addition to your physical fitness and nutrition, your sleep habits and ability to manage stress can also impact your weight loss and performance goals. If you need assistance contact your local dietitian. Commands can resource nutrition support through the NAVADMIN 160/18, “Dietitians to Support Operational Forces.”
Aviation Ordanceman First Class (AO1) Richard Slupski is the Ordnance Lead Petty Officer (LPO) at Naval Air Station (NAS) Jacksonville.

**How does your role support COE?**
As a Sailor, supervisor, and leader, my everyday interactions with Sailors inside and outside my command enables me to use COE and the 10 **Signature Behaviors**. I consider my position to be “the first line of defense” in ensuring that the Signature Behaviors are being used and properly adhered to. When we incorporate the Signature Behaviors, my team and my shipmates become a stronger work force.

**What does COE mean to you personally?**
With different cultures come different aspects of how we, as Sailors in the Navy, work together. We love to pick one another’s brain for knowledge and information, whether it’s for the mission and job at hand or personal interest and well-being. We train each other and learn from one another. The COE is already within us; we just need to capitalize on applying it.

**What is the most rewarding part of your job?**
The most rewarding part of my job is when I can see the results of all of our efforts, day in and day out—from getting that aircraft maintenance complete and a safe for flight for the mission to building schools in Africa for humanitarian relief. Through blood, sweat, and maybe a few tears, Sailors give 100 percent every day to meet our mission and goals, which is rewarding to me.

**What might people in the Navy not know about what you do to support others?**
I always try to influence Sailors to take full advantage of what the Navy has to offer. Whether it’s a college education, obtaining credentials, apprenticeships, or perhaps cross-rating into a job that they are more interested in that may not have been available when they joined. There was a time in my career where I was going to work, doing my job, and collecting a paycheck. I finally took advantage of the resources available and earned a college degree, which was a huge accomplishment.

**What is one resource for Sailors that you’d like to highlight?**
Tuition assistance. As I stated previously, obtaining a college degree was a huge accomplishment in my life. A retiring Chief Petty Officer told me, “You are taken care of in the Navy, but you need to take care of yourself after the Navy.” Use tuition assistance to earn a degree or even to obtain relevant credentials. It’s at your pace, and you can do what is feasible for you. It is very beneficial once your time in the Navy comes to an end.

**Is there anything else you’d like to share with fellow Cultural Champion Network members?**
Take care of one another, whether it’s on a personal matter, family matter, or on a professional level. Guide everyone to success and learn from each other. Our day-to-day jobs require a lot of energy and focus, which could lead to complacency. Work as a team, and you will succeed as a team.

If you would like to connect with AO1 Slupski or learn more about resources, please email culturalchampions@navy.mil.