ABOUT THE CCN NAVIGATOR

GUIDING THE WAY OF THE CCN TO SUPPORT SAILORS

This newsletter provides members of the Cultural Champion Network (CCN) with 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 nutrition and fitness.

Feel free to share The CCN Navigator content with others who may benefit. To subscribe, click here or email culturalchampions@navy.mil. Interested in reading past issues of The CCN Navigator? Click here to download!

LIVING UP TO THE NAVY CORE VALUES

COURTESY OF OPNAV N172

Honor. Courage. Commitment. These are the three words known by every Sailor as the Navy's Core Values. They are a part of the Sailor’s Creed, and they provide the foundation for our strength as a fighting force. So how can they be applied today?

Honor – I am accountable for my professional and personal behavior. I will be mindful of the privilege I have to serve my fellow Americans. Sailors must abide by an uncompromising code of integrity. That means being honest and truthful in our dealings with each other, and with those outside the Navy. When working with our fellow Sailors and civilians, we must be willing to make honest recommendations and accept those of junior personnel.

Courage – Courage is the value that gives me the moral and mental strength to do what is right, with confidence and resolution, even in the face of temptation or adversity. For thousands of years Sailors have sailed toward the fight, not away from it. Finding courage in the face of danger is part of the job, but so too is courage in confronting wrongdoing by our peers or superiors. That means we self-assess and build teams that embrace honest, hard, transparent looks at our performance to understand our actual strengths and shortcomings. Courageous Sailors recognize that they must be ready to sail to war to safeguard America’s citizens – and to meet the demands of our profession and the mission when it is hazardous, demanding, or otherwise difficult.

Commitment – The day-to-day duty of every person in the Department of the Navy is to join together as a team to improve the quality of our work, our people, and ourselves. Sailors must treat each individual with human dignity regardless of their rank, rate, or background. A committed Sailor is an example to all and exhibits the highest degree of moral character, technical excellence, quality, and competence in what they have been trained to do. Now, with the GRGB movement, the Navy as a whole is committed to improve and to be self-correcting. Teamwork, collaboration, and constant improvement are the secret to the continued success of the Navy, and therefore to the continued security of the United States.

Much like the stars that have guided seafarers for thousands of years, the Navy’s Core Values serve as fixed positions that Sailors can use to navigate regardless of the obstacles they may face. Though the words “Honor, Courage, and Commitment” were only adopted as the Navy's Core Values 30 years ago, they reflect the toughness and resilience of Sailors and their families to overcome the challenges of the 21st century.

We are never certain what the future holds for any of us, either at sea or in our personal lives. Calm waters and clear skies may give way to rough waves and stormy weather at a moment’s notice. Just as our forebears used the stars to navigate their way across the globe, so too can we use the Navy Core Values to steer our conduct.

Follow MyNavy HR on LinkedIn to find more resources about improving culture at your command.
HOW TO PREPARE FOR THE UPCOMING PFA CYCLE

BY LT GEOFFREY CIALLONE, PHD, OPNAV N171 PHYSIOLOGIST

A new year is upon us, and starting in February, so too will be the CY2023 Navy PFA cycle. Around this time of year, new exercise routines begin, continue, or restart following a brief holiday hiatus.

As Sailors, we should all strive to maintain a level of general fitness year-round that positively contributes to our physical and mental well-being. Additionally, we also have the added requirement of meeting PFA requirements, passing both a BCA and PRT. Physical activity should be an integrated part of our lives that we enjoy and look forward to. However, other aspects of our work and home lives get in the way often. Additionally, as exercise routines are diverse and not always ‘one size fits all’, activities you enjoy the most may not always leave you PRT-ready. So, how can we, as Sailors, stick to our exercise routines this year while making sure we meet PFA standards?

First and foremost, know your PRT event standards. There’s nothing worse than showing up to your PRT and realizing you’re unprepared. Knowing your standards can help you set solid goals to safely work towards. It’s also important to recognize that the best way to perform well on your upcoming PRT is to train your body for those exercises. You won’t get better at push-ups if you never do them. If they’re not your favorite exercise, find creative ways to work them into what you do like to do. For example, pause periodically during your favorite cardio and do a set of push-ups, or do sets on commercial breaks during your favorite shows. If doing long planks is boring, do shorter sets or add movement to them to pass the time more quickly. If running is your preferred cardio, swap in a different type of cardio from time to time. If you need help finding ways to stay motivated or working PRT prep into your current exercise routine, contact your CFL or local MWR fitness specialist who are there to help you.

Some tips for staying on track and getting the most out of your exercise routine:

- Create realistic short- and long-term goals that you can track to see progress and stay motivated
- Perform a variety of exercises to reduce boredom and provide your body different challenges
- Complete appropriate and adequate dynamic warm-ups and cool-downs to prepare for your workout and begin the recovery process
- Adjust caloric intake to ensure you’re fueling your body with the energy it needs to perform and recover
- Ensure adequate rest time between exercises and workout sessions
- Take injuries seriously, and seek medical care as needed
- Increase accountability by attending command PT, scheduling your workout into your day, signing up for a class, and/or finding a workout partner

Additional resources include the MyNavy HR Physical Readiness website (Navy Physical Readiness), the Official Navy PFA mobile application, and the NOFFS series (Operational, Strength, Endurance, Sandbag) mobile applications.
THE “GET REAL” AND “GET BETTER” NUTRITION RESOLUTION FOR 2023

BY LCDR MELISSA AMESCUA, MS, LD, RD, OPNAV N171 DIETITIAN

Every year, thousands of individuals make New Year's resolutions that focus on weight, eating healthy and improving their physical fitness. Most people fail to maintain and stick with their commitment throughout the year. Reasons people fail to stick with their goals and resolutions are often because of unrealistic goals. They do not hold themselves accountable, track their progress, or make too many unrealistic goals.

As service members, it is our job to be mission ready at any given time. The “Get Real Get Better” initiative embraces the need to focus on nutrition and health. Staying both physically and mentally in shape are keys to success as a Sailor. If you have been contemplating making changes and eating healthy, now is the time to make healthier habits and stick to them. The habits a Sailor has, or creates, will impact them in the future.

The challenge for you today is to get real with yourself by focusing on improving your food choices and eating healthier foods more often. You can use resources like the Mediterranean diet, the DASH diet and My Plate to get started.

5 Key components to making change for better nutrition:

1. Make a plan…not just for what you are going to eat during your next meal, but while you are grocery shopping and prepping. Plan on holding yourself accountable.
2. Pick the healthier food choice using resources described above 80% of the time.
3. Learn what portion size is good for you based on your needs.
4. Keep a food tracker (a journal or an app work).
5. Limit sugary beverages and alcohol and increase water intake.

For more questions or to locate a dietitian near you, use the Dietitian Locator on the MyNavy HR website (Navy Nutrition). In addition, commands can request dietitian support outlined in NAVADMIN 160/18.

FOUR UNEXPECTED WAYS TO START A CONVERSATION ABOUT FOOD

COURTESY OF PROJECT 1 SMALL ACT

Living a healthier lifestyle boils down to the choices we make. What we decide to eat impacts our well-being. Maintaining a healthy and balanced diet can help you feel more energized during a longer gym session, boost your immunity, and improve your mood – all part of boosting and maintaining emotional health and healthy coping behaviors, both protective factors against suicide.

Here are four ways to mindfully think about food this month:

Learn about portion sizes. Do you think you know how the average size of a chicken Caesar salad or pepperoni pizza has changed over time? Take the National Heart, Lung, and Blood Institute's Portion Distortion quiz to see what a portion 20 years ago compares to a portion now.

Learn about nutrition labels. Unhealthy snacks are pervasive in our culture, which makes learning how to choose the right snacks so important. Engage with the Snack Shack Game from the U.S. Food and Drug Administration to become a more knowledgeable consumer.

Leverage barracks basics. The Navy Bachelor Housing Barracks Cookbook offers healthy and simple meal options directly from your fellow Sailors. Round up some buddies to try making these Sailor-endorsed meals.

Challenge yourself. If you want to help yourself and your team adhere to a fitness or nutrition plan, try the Crews Into Shape challenge from the Navy and Marine Corps Public Health Center to jumpstart healthy habits.
In August 2019, Chief Petty Officer John “Blake” Conley was preparing to join a new team on a brand-new ship when he received a phone call telling him that he had a type of brain cancer known as oligodendroglioma lodged in his frontal lobe. The next day, he was scheduling appointments with neurosurgeons, preparing for chemotherapy, and coming to terms with a completely new life after 17+ years in the Navy. In October 2019, he underwent a successful brain surgery to remove the cancer and in February 2021, he began working at the Navy Wounded Warrior Program (Navy-WWP) as a non-medical care manager to guide and mentor other Sailors.

“I had heard about it [Navy-WWP] before but I wasn’t sure about the process…I joined during the first years of COVID and in 2021, I started getting involved with the adaptive sports teams. I went to a camp for athletes where we focused on things like reconditioning and reintegrating.”

Chief Conley also highlighted the importance of every Navy member, regardless of their situation or diagnosis, to feel included and have a sense of belonging, noting, “The teams are super diverse, and everyone is welcome. We have different ranks, different ratings, and our camps have everyone from E1 to O6…With the Navy-WWP, it is all one team, one fight.”

Reflecting on the benefits of the Navy-WWP’s diverse membership, Chief Conley remarked, “For a person coming into the Navy-WWP, it is nice to have people that look like you or have gone through the same thing as you. It is great to have people that you can reach back to and ask, ‘Did they do this to you? Is this the right way for me to go?’ It is a feeling of being included that you wouldn’t have without the Navy-WWP.”

Since his first sports camp in March 2022, Chief Conley has gone on to qualify for the 2022 Warrior Games in wheelchair rugby, discus, and shotput and his team went on to win a silver medal in wheelchair rugby. Notably, Chief Conley has also served as a non-medical care manager with the Navy-WWP, where he encourages Sailors to participate in everything from equine therapy, water therapy, rowing, shooting, and of course, adaptive sports teams.

“I am one of the greatest advocates for the sports and I always push my Sailors to engage in everything they can. It can be hard to meet new people when going through a vulnerable situation like cancer treatment,” Chief Conley said. “Navy-WWP adaptive sports provide Sailors with a way to get out of their shell, build their confidence back up, and keep an eye out for people who are struggling.”

Nowadays, Chief Conley is looking forward to medical retirement but is hoping to continue working with the Navy-WWP to give back to other Sailors. “I am looking at opportunities to do work with other Warriors or adaptive sports teams because I want to give back. Working with Warriors on transition plans, resume workshops, and preparing our Warriors for a life outside of Navy is something I am passionate about.”
ON YOUR RADAR

NOMINATIONS SOUGHT FOR SPIRIT OF HOPE (SOH), FISHER AWARDS

Navy announced via NAVADMIN 286/22 the call for nominations and the selection process for the annual Spirit of Hope (SOH) Award and Zachary and Elizabeth Fisher Distinguished Civilian Humanitarian Award. The SOH Award is presented to individuals or organizations that embody the core values of Mr. Bob Hope, who gave generously to service members for five decades. The Fisher Award recognizes private sector individuals or organizations that demonstrate exceptional patriotism and humanitarian service for service members of the U.S. Armed Forces or their families as inspired by Zachary and Elizabeth Fisher, founders of the Fisher Houses.

Nomination packages are to be submitted to Deputy Chief of Naval Operations (Manpower, Personnel, Training and Education) via command channels and must be received no later than March 17th. Award recipients will be announced via Navy.mil.

THREE WAYS TO BUILD YOUR RESILIENCE THIS YEAR

BY HMCS BARRY POTOKER AND CAPT PAUL SARSTON, OPNAV N175

Albert Einstein could not speak until he was 4 years old. He could not read until he was 7, and yet he went on to win a Nobel Prize in physics. Even though his name became synonymous with intelligence, it was not simply because of intelligence that he was successful. It was in curiosity and commitment to moving forward that paved the way to success. He once observed that “Life is like riding a bicycle. To keep your balance, you must keep moving.”

As we move into 2023, that is an important lesson for people who want to keep their mental balance. Resilience, like physical fitness, requires that we dedicate time and effort to the result. We know we want the end-state, but it won't be achieved without commitment to the process!

To build your resilience this month, please prioritize these three areas, and set aside the time in your calendar.

1. **Connectedness**: Since the onset of the Covid-19 Pandemic people have been spending less time together and one national survey suggests that the rates of loneliness increased by over 180% during that time. Take the time every day to call or meet with a friend or mentor. It may just be for 5 minutes, but the benefits of feeling seen, heard and connected to another person are profound.

2. **Mindfulness**: Just 5-10 minutes of mindfulness (via activities like breathing exercises or meditation) per day can help to change your brain architecture and improve your skills with emotion regulation. Practicing mindfulness is not a matter of letting your mind go blank, but rather an intense focus on what it happening within and around you. Mindfulness expert Jon Kabat-Zinn explains that mindfulness is simply “about knowing what is on your mind.”

3. **Growth Mindset**: By cultivating a growth mindset and embracing challenges, rather than avoiding them, we are setting ourselves up to learn important life lessons from our experiences. Life will inevitably present us with challenges that we are not prepared for. Building a growth mindset helps to prevent us from feeling powerless against our circumstances, and allows us the opportunity to take some lesson from all of our experiences (even those that are uncomfortable, scary, or traumatic may share lessons that we could use to help others in need).

Through 2022 the Navy has continued to expand the number of trained E-OSC Team Leaders and Assistant Team Leaders. We now have over 3500 Sailors who have the training to support and facilitate this program within every command across the Navy. If you would like to develop these skills please reach out to your local E-OSC trainer, or email us at eosc.fct@navy.mil for more information on our weekly Team Leader refresher sessions.