

# Mission Nutrition and **NOFFS**

Navy Operational Fitness and Fueling Series

## Three-Day Instructional Course



### **DATES**

Tuesday-Thursday, Jan. 23 - 25

### **TIMES AND LOCATIONS**

**Mission Nutrition**

Catering and Conference Center — 9 a.m. - Noon

### **NOFFS**

Bldg. 73 — 1 - 3 p.m.

### **ELIGIBLE PATRONS**

Active-duty, reserve and retired military  
and their dependents

### **REGISTRATION**

Register by **Wednesday, Jan. 3** at the  
NSA Washington Fitness Center Front Desk  
or e-mail [mwr.fitness.nsaw@navy.mil](mailto:mwr.fitness.nsaw@navy.mil)

The Navy Operational Fitness and Fueling Series (NOFFS) is designed to provide the Navy with a “world class” performance training resource for fleet Sailors as well as Navy health and fitness professionals. Using the latest sports science methodologies, the logic engine for NOFFS combines both human performance and injury prevention strategies, resulting in safer training while yielding positive human performance outcomes.

The exercises used in the NOFFS product are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling, and carrying. Developed as a complete fitness package, the Fueling aspect of this resource provides Sailors the tools required to make healthy nutrition choices in both shore-based and operational environments.

# FREE



For more information, please call Bernard at  
202-433-2282 or e-mail [mwr.fitness.nsaw@navy.mil](mailto:mwr.fitness.nsaw@navy.mil)