



Understanding and Overcoming the Challenge of Obesity and Overweight in the Armed Forces

National Academy of Sciences Workshop

United States Marine Corps

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Session 3: Highlighting Innovative Strategies

- Highlight existing strategies that support improved nutrition, physical activity, stress management, healthy weight, and the successes and challenges of these strategies.

Programs and Initiatives	Implementation	Effect
Force Fitness Instructors (FFI)	<ul style="list-style-type: none"> • Unit level fitness subject matter expert 	<ul style="list-style-type: none"> • Increased general fitness and occupational fitness
Performance Nutrition <ul style="list-style-type: none"> • Post Exercise Nutritional Supplement (PENS) • Performance Nutrition Pack (PNP) 	<ul style="list-style-type: none"> • Recruit Depots, Officer Candidates School (OCS) - nutrition to increase endurance, improve muscle recovery and reduce injuries. 	<ul style="list-style-type: none"> • Nutrition to increase endurance, improve muscle recovery and reduce injuries • Early education on nutrition and recovery
Physical Fitness Test / Combat Fitness Test (PFT/CFT) standards raised	<ul style="list-style-type: none"> • 1 January 2017 – increased difficulty for maximum and minimum standards 	<ul style="list-style-type: none"> • Increased test performance and fitness • Incentivizes physical training
Body Composition Program (BCP) linkage to Physical Fitness Test / Combat Fitness Test (PFT/CFT)	<ul style="list-style-type: none"> • 250+ on both PFT and CFT earns additional 1% body fat • 285+ on both PFT and CFT earns exemption from max weight and body fat limits 	Rewards and incentivizes above average and superior physical fitness <ul style="list-style-type: none"> • 250+ = 41% qualified in 2018 • 285+ = 6% qualified in 2018

Enablers

- Semper Fit resources (base gyms, pools, outdoor training facilities, and the Semper Fit program-health educators, dieticians, strength coaches, and high intensity tactical training (HITT) locations). All available for active/reserve and most are for retirees, beneficiaries.
- Periodic Health Assessment (PHA) - screening tool administered annually by Navy medical personnel to evaluate individual medical readiness. A current PHA is required before taking the PFT/CFT.
- Marine Corps Mess Hall Nutrition Education Program Fueled to Fight® - Captures a performance training table concept for the Marine Corps.
- Operation Supplement Safety (OPSS)-Uniformed Services University of the Health Services sponsored website



Q&A

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