

CFL Role in Fitness Enhancement and Physical Readiness

Nutrition and Weight Management. CFLs and ACFLs need to have a basic understanding of general nutrition resources to only provide general guidance (IE: NOFFS, Dietary Guidelines, Choosemyplate.gov) to command members. The CFL has an important role in making referrals to nutrition experts. CFLs and ACFLs do not provide diets, recommend calorie intakes or provide nutrition counseling. The Nutrition Resource Guide provides available and credible nutrition resources for members to utilize to develop their individual plan.

BCA. Members assigned to FEP due to BCA failure are not authorized to participate in the FEP mock PRT until they are within BCA standards. Those members are required to actively participate in all other FEP requirements. Training emphasis should focus on decreasing body fat versus weight loss.

Adequate Progress. Progress is 1-2 pounds per week or 1-2% body fat per month and should not exceed more than 5% of body weight in any week. Males tend to lose at the higher rate of 1-2 pounds per week due to higher amounts of lean body mass, where females should anticipate ½ to 1 pound per week. Progress should be evaluated utilizing weight loss OR decreases in body fat composition as they may not occur at the same rate. Early decreases in body fat percentage may be minimal or delayed despite weight loss of 1-2 lbs per week due to individual variance in fat deposition.

Setting Nutrition Goals. Empowering members to make lifestyle changes is a more effective strategy vice telling individuals what to do. Food choices are individual and what works for one may not work for another. Ask questions: What changes are you planning on making. What do you think will be your biggest barrier? Brain storm solutions, but ultimately the member must decide what changes they need to make. The appendix of the FEP Guide contains a goal setting sheet for members to complete.

Goals should be specific, measureable, attainable, relevant and timely (SMART) and focus on behaviors to accomplish weight loss and/or enhanced performance.

Goal: Lose 20 pounds

Better: Include breakfast daily

Best: Eat breakfast daily by ____ (getting up 10 minutes earlier, or packing breakfast the night before to bring to work, or stocking food items at work).

Breakfasts ideas:

1. ½ cup rolled oats cooked in the microwave with pecans and raisins
2. Hard-boiled egg, whole wheat crackers and an orange
3. Peanut butter and jelly on whole wheat with 8 oz skim milk

Members who choose a self-directed program. Members that select self-directed nutrition program must still participate in FEP activities. It is acceptable to ask members about their goals and progress. If no progress is noted by the first mock PFA (no weight or inches lost), it is within your scope to recommend a more structured program and document any counseling.