

STAY FIT!

MARCH 2013

THE F.I.T.T. PRINCIPLE

The basis for fitness program design. Use this principle to evaluate your workout and ensure goals are being met.

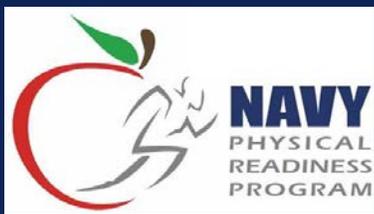
FREQUENCY: how many times a week you exercise

INTENSITY: how hard you work during exercise

TIME: how long you exercise

TYPE: what type of activity you're doing

BUILDING A CULTURE OF FITNESS



Email us your motivating PT Pictures to be highlighted in our next StayFit Newsletter!

MEET THE NAVY PHYSICAL READINESS TEAM!

LCDR AUSTIN LATOUR: (Top Left) Designated as a Naval Aerospace/Operational Physiologist. He is currently the NAVY CFL Program Manager and is a Certified Strength and Conditioning Specialist through the NSCA.

AFCM (AW) DEAN HARRIS, SEA/RET: (Top Right) Over 10 years experience as a CFL at various Navy commands while on Active Duty. Mr. Harris is an ACE Certified Personal Trainer and was an Amateur Bodybuilding contestant from 1983-1990. He has been with the Navy Physical Readiness Program since March 2008.

LISA DOMENGEAUX: (Bottom) Ms. Domengeaux has been working in the PRP office for 5 years and is currently finishing her PhD in Public Health.

WORKOUT OF THE MONTH: "HALYBURTON"

Dynamic Warm-up

Run 1.5 miles

With partner – 30 sec of Pushups, 30 sec of Curl-ups.
Complete 4 sets of each exercise for a total of 2min/each exercise. Alternate with your partner so you have 30 sec of rest.

Run 1.5 miles

Cool Down and Stretch

ABOUT THE WORKOUT: CDR Porter Halyburton became a POW on Oct 17, 1965 when his Phantom was shot down in Vietnam. He spent the majority of his captivity at the infamous Hanoi Hilton until his release on 12 FEB, 1973. Read more about CDR Halyburton in "Two Souls Indivisible", a book on the CNO's [reading list](#).