

Module 3

Culture of

Fitness

CPO Mess Training
Module 3: Culture of Fitness

USING THE CRITICAL THINKING CHECKLIST

1. Issues – The Chiefs should list what they believe are the issues contained in the case study. The issues can range from the obvious, such as diversity, to the subtle, such as team dynamics.
2. Potential Issues – These are issues that could arise if no action is taken.
3. Desired Outcome – This is what the Chiefs can expect to happen based on their recommended actions.
4. Recommended Actions – These are the actions the Chiefs recommend to achieve the desired outcomes.
5. Consequences of Your Actions – These are the possible affects of the Chiefs recommended actions.
6. References/Resources – The Chiefs should list the references and/or resources, if any, they used to arrive at their recommended actions.

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Critical Thinking Checklist

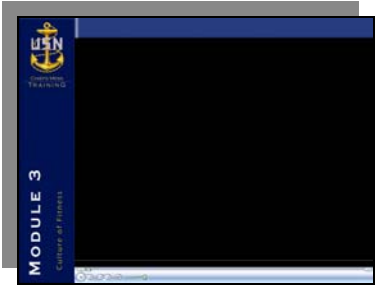
Issues	Potential Issues	Desired Outcome	Recommended Actions	Consequences of your Actions	References

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Trainer Notes

Related Trainer Activities

	<p>INTRODUCTION</p> <p>Display TP 3-1 Culture of Fitness</p>  <p>Say: When Sailors exercise and eat right, they create an overall healthy lifestyle that contributes to the operational readiness of the command. Healthy Sailors miss less work and are more productive.</p> <p>Say: After completing this module, you should be able to explain the importance of creating and maintaining a culture of fitness.</p>
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	<p>CULTURE OF FITNESS</p> <p>Note: Ensure you have one Critical Thinking Checklist for each Chief participating in the training. Pass out the Critical Thinking Checklists. Tell the Chiefs to use the checklist to identify all the issues in the following video.</p> <p>Play TP 3-2 Culture of Fitness</p> 
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Related Trainer Activities

	<p>Background: You decide that every Tuesday and Thursday morning you are going to lead your division in an organized PT session. Your Sailors seem to be enthusiastic about exercising as a group twice a week.</p> <p>You approach another Chief in the department and tell him that you are going to PT with the division and ask him if he would like to join in. He tells you that Chief Selectee training is over and he doesn't need to PT anymore.</p>
	<p>Ask: What are the issues in this video?</p> <p>Ask: Why is it important for Sailors to participate in regular PT?</p> <p>Possible Answer: PT is important because it is about mission readiness. The demands of naval service require that everyone be physically fit and mentally tough at all times. Sailors need to be in shape to be ready to respond when called upon.</p> <p>Say: Webster's Ninth New Collegiate Dictionary defines culture as "the customary beliefs, social forms, and material traits of a racial, religious, or social group," and fitness as "sound physically and mentally; healthy."</p> <p>Ask: What does "culture of fitness" mean to you?</p> <p>Ask: Why is a culture of fitness important?</p> <p>Ask: How is a culture of fitness a readiness issue?</p> <p>Ask: What is our role, as a Mess, in energizing, promoting and maintaining a culture of fitness at our command and throughout the Navy?</p>

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	<p>Say: According to the National Center for Health Statistics, the United States has the highest prevalence of obesity among the developed countries.</p> <p>Ask: Why should we be concerned with BCA?</p> <p>Possible Answer: Obesity substantially increases the risk for high blood pressure, heart disease, diabetes, elevated cholesterol, and triglycerides. Obesity is also considered a risk factor for some kinds of cancer, and is associated with joint diseases, gallstones and respiratory problems.</p> <p>Say: During the period of 2003 through 2004:</p> <ul style="list-style-type: none">• Over 12.5 million children and adolescents 2 to 19 years of age were overweight• Over 66 million adults were obese with almost 5% of them considered extremely obese. <p>Ask: Why should you be concerned with these statistics?</p> <p>Ask: How important is proper nutrition in a culture of fitness?</p> <p>Ask: What specific behaviors can we do to energize, promote and maintain a culture of fitness?</p> <p>Possible Answers:</p> <ul style="list-style-type: none">• Setting the example• Ensuring our Sailors have the time to PT• Lead group PT from the front• Educating our Sailors on the importance of staying physically fit
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	<p>SUMMARY</p> <p>A culture of fitness hinges on choice. We must realize that personal wellness depends greatly on day-to-day choices we make about exercise and nutrition.</p> <p>A culture of fitness is more than going to the gym a couple of times a week. It is leadership's responsibility to provide a positive climate that promotes health and fitness. It requires commitment to make fitness a priority and PT time available.</p>
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