APPENDIX I
JUDICIARY OF GUAM

GOVERNMENT OF GUAM
HAGATNA, GUAM 96932

June 11, 2018

Mr. Joseph I. Cruz
Chairman
Guam Peace Officer Standards & Training Commission
P.O. Box 23069 GMF, Barrigada, Guam 96921
1 Sesame Street, Mangilao, Guam

Subject: **Judiciary of Guam (JOG) Physical Fitness Policy**
Re: Proposed Agency-Specific Physical Fitness Qualification Test

Dear Chairman Cruz,

Buenas yan Håfa Adai, Sir!

Attached herewith is the Judiciary of Guam's draft Physical Fitness Policy. This recently revised policy will eventually replace JOG's existing Physical Fitness Policy. It contains the three (3) components essential to meeting the spirit and intent of Public Law 34-49:

(1) Physical Fitness Program
(2) Health and Nutrition Program
(3) Physical Fitness Qualification Test

The Physical Fitness Program establishes the revised policy and includes heart-rate calculations for optimal exercise heart-rate and demonstrates various physical fitness stages essential to improving and maintaining one's overall health and physical ability. The Health and Nutrition Program provides guidance to employees seeking to improve their health and job performance through proper diet. The Physical Fitness Qualification Test is designed to test an officer's fitness level.

We believe that the P.O.S.T. Commission will find that this policy is practical, logical, and compelling enough to meet the mandate as set by the 34th Guam Legislature.

EULOGIO S. GUMATAOTAO
Acting Administrator of the Courts

Attachment:
(1) JOG Physical Fitness Policy

COL6/18/2019

JUDICIARY OF GUAM
POLICY AND PROCEDURES (PROPOSED)

JUDICIARY OF GUAM	Division: **ADMINISTRATOR OF COURTS**
TITLE: **LAW ENFORCEMENT PHYSICAL FITNESS QUALIFICATION TEST STANDARDS**	EFFECTIVE DATE:
REVISED DATE:	APPROVED BY:

POLICY and PROCEDURES: Pursuant to 17 GCA Chapter 51 and Public Law 34-49, the law enforcement components of the Judiciary of Guam are required to meet uniform minimum physical fitness standard in order to obtain and maintain their certificates from the Guam Peace Officer Standards and Training (hereinafter "POST") Commission. This policy and procedure sets forth general procedures for the Physical Fitness Qualification Standard, Physical Fitness Program and Health and Nutrition Program

I. PHYSICAL FITNESS QUALIFICATION STANDARD

All Judiciary of Guam (hereinafter "Judiciary") Law Enforcement Personnel (hereinafter "LEP") will be required to perform an annual Physical Fitness Qualification Test (hereinafter "PFQT") in accordance with the following procedures:

A. ANNUAL REQUIREMENT. Annual PFQT or Re-Test will be completed every year by all LEP's. The PFQT test shall be administered annually before December 31st of each calendar year. The Judiciary reserves the right to require more than the mandatory annual test for LEP's on an as needed basis. The standards and instructions for the PFQT test is more fully set forth in Attachment "A" and Attachment "B", attached hereto. All PFQT results will be provided to the Executive Director of the POST Commission, within fifteen (15) calendar days after the completion of the PFQT.

B. RESPONSIBILITY TO REMAIN CURRENT. All LEP's are solely responsible for maintaining currency with their PFQT requirement. Failure to maintain currency, as well as failure to attain a passing score, on the applicable PFQT before the end of any evaluation reporting period, will result in a "DOES NOT MEET STANDARDS" rating on the LEP's yearly evaluations or POST certification.

1. If an LEP is not scheduled in an applicable evaluation reporting period, the LEP must promptly notify the Judiciary's Fitness and Wellness Coordinator

(hereinafter "Coordinator") or their direct Supervisor, in writing (including emails), of the need to schedule the PFQT.

C. RESPONSIBILITY FOR FITNESS SCREENING QUESTIONNAIRE. All LEP'S are required to have a health screening through their Guam licensed health care provider or at a Judiciary-sponsored health screening event, prior to participation in the PFQT. The Fitness Screening Questionnaire (hereinafter "FSQ"), attached hereto as Attachment "C", will be the standard form used to verify that PFQT participants are screened on the date of the test and before the performance of any of the test events. The FSQ is to be submitted to the Coordinator prior to the scheduled PFQT.

1. If the FSQ identifies a medical condition that limits the LEP from completing all components of the PFQT, then the PFQT will be rescheduled within five (5) days or the next available PFQT opening date, from the original PFQT date.

2. If the FSQ identifies a medical condition that prevents the LEP from participating in the PFQT and contains a written exemption from a Guam licensed health care provider setting forth that the LEP is medically prevented from completing the PFQT, then a notation of "Incomplete" will be recorded for the LEP.

a. The LEP will be responsible for rescheduling the PFQT following a medical condition waiver.

3. If the LEP stops during the performance of the PFQT for reasons indicated on the FSQ, the LEP will not be allowed to complete the PFQT, and a notation of "Incomplete" will be recorded.

D. RESPONSIBILITY FOR EXEMPTIONS. All LEP's are responsible for providing appropriate medical exemptions, from a Guam licensed health care provider, to the Coordinator in the event that they have a medical condition that will affect the successful completion of a PFQT.

1. Three PFQT exemptions in a twelve (12)-month period is cause for a review and evaluation of the LEP's medical history.

2. Pregnant LEP's are eligible to test 180 days after the completion of pregnancies lasting 20 weeks or more. Pregnancies that end prior to 20 weeks require medical clearance from a Guam licensed health care provider.

E. PFQT RESULTS. The results of a PFQT test will be recorded in an official PFQT SCORECARD for each LEP. The results will be determined via the Fitness Test Scoring tables, identified in Attachment "D" attached hereto. Results will be recorded as either SATISFACTORY OR UNSATISFACTORY.

1. An LEP'S inability to successfully complete all required fitness qualification events or inability to meet a passing requirement for each category will be recorded as UNSATISFACTORY for the PFQT.

2. A valid medical waiver, from a Guam licensed healthcare provider, of a particular component of the PFQT, will impact the final PFQT results as follows. The waived event will not be factored into the final PFQT results. Successful completion of the unwaived components of the PFQT will still be required for a SATISFACTORY result.

a. LEP's with a continual pattern of component waivers may be referred for review and medical evaluation.

3. An LEP who fails to participate in a duly scheduled PFQT will be given an UNSATISFACTORY result and will be required to retest as set forth below. An LEP who is late to a duly scheduled PFQT will receive an UNSATISFACTORY result and will be required to retest as set forth below.

F. UNSATISFACTORY RESULTS.

1. First Unsatisfactory- A written warning is issued by the respective Division Manager or his or her designee. The LEP must retest within ninety (90) days following an Unsatisfactory PFQT. The LEP is responsible for ensuring that he/she retests no earlier than the forty-two (42) day recondition period and no later than the ninety (90) day period.

a. The Judiciary reserves the right to mandate that the LEP retest at the end of a forty-two (42) day recondition period.

b. The LEP can request to retest before the forty-two (42) day recondition period. The LEP will need to submit a written request to their respective Division Manager or his or her designee. The Division Manager's approval will be required for all retests done before the forty-two (42) day recondition period.

2. Second Unsatisfactory—A second written warning is issued by the respective Division Manager or his or her designee. The LEP must retest within ninety (90) days.

3. Third Unsatisfactory—A third written warning is issued by the respective Division Manager or his or her designee. The LEP must retest within ninety (90) days. The LEP shall receive counseling from the Division Manager.

4. Fourth Unsatisfactory—The LEP's certification shall be temporarily suspended until the POST Commission makes a determination. The LEP shall be assigned to administrative duties. The Division Manager shall make a recommendation that the POST Commission revoke the LEP's certification upon review. The LEP shall not be allowed to carry a firearm. Hazardous and

increment pay may be denied. Administrative action will be taken against the LEP subject to the Judiciary's Personnel Rules and Regulations and the Fair Labor Standards Act.

G. FAILURE.

1. An LEP is deemed to have failed to comply after receiving four (4) Unsatisfactory PFQT results within a (12) month period and a Guam licensed health care provider has ruled out medical conditions precluding the LEP from achieving a passing score.

2. The POST Commission shall deny, suspend or revoke an LEP's certification.

II. PHYSICAL FITNESS PROGRAM. LEP's are solely responsible for maintaining individual fitness through self-directed and court-based fitness programs (as available). The Judiciary, through its' Healthcare Provider offers to eligible LEP's, gym or fitness membership benefits. Participating fitness providers include: Paradise Fitness Center, Custom Fitness, the Hilton Wellness Center, the Gym Guahan and others. The Judiciary through its' Healthcare Provider also offers a number of Healthy Fit Programs and classes that motivate LEP's to get and stay in shape. Those classes include Pilates, Zumba and running programs. LEP's are encouraged to consult with either the Coordinator or the Judiciary's Human Resources Division concerning gym or fitness membership benefits and Healthy Fit Programs.

A. PURPOSE. Physical Fitness is the health and care of the body through physical activity. The health-related component of fitness is cardiorespiratory endurance, body composition, muscular strength, muscular endurance, and flexibility-mobility-stability. The fundamental goal of a physical fitness program is to bring about a change in personal health and fitness behavior, which includes, at a minimum, habitual physical activity. This regular physical activity should result in long-term exercise compliance and attainment of individual fitness goals and objectives. Daily physical activity is essential to improve health and quality of life, and maintain functional capacity. Health benefits are proportional to both the volume and intensity of activity—thus, every increase adds some benefit. To meet either of the above objectives one must execute a balanced exercise program.

B. PHYSICAL FITNESS WORKOUT SESSION RECOMMENDATIONS. The salient phases of a recommended general workout session address the below mentioned components, in the following order:

1. WARM-UP PHASE or Movement Preparatory Phase. Warm-up is an important part of any physical fitness program. Warm-up activity is important to increase body temperature and blood flow and to guard against muscle, tendon and ligament strains and tears. Recommended warm-up phase is to engage in a gradual, activity-specific warm-up that includes the movement patterns of the planned activity, e.g., if running for the workout then warm-up with brisk walking, jogging, and dynamic movements or drills such as leg swings and knee-raises.

2. AEROBIC PHASE or Cardiorespiratory Endurance Phase. Is the ability to perform large muscle, dynamic, moderate-to-high intensity exercise for prolonged periods. Performance of such exercise depends on the functional state of the respiratory, cardio vascular, and skeletal muscle systems. Levels of aerobic fitness determine how long and how hard one can exercise.

a. Types of Aerobic Activity. Aerobic activity includes activity such as: running, cycling, swimming, paddling, rowing, walking, aerobic dance, indoor aerobic exercise machines (e.g., cycle ergometer, elliptical, rower, versa climber, stair), and some sports if they are continuous in nature.

b. Recommended Frequency and Duration. Accomplish moderately intense aerobic activity 30 minutes a day, five days a week or vigorously intense aerobic activity 20 minutes to 25 minutes a day, 3 days a week and muscle fitness exercise (see below), or an equivalent combination of moderately and vigorously intense aerobic activity. For additional and more extensive health and fitness benefits, accomplish moderately intense aerobic activity 300 minutes (5 hours) a week, or accomplish vigorously intense aerobic activity 150 minutes a week, or an equivalent combination of moderately and vigorously intense aerobic activity. Generally, the minimal levels of exercise volume and intensity above are necessary to maintain health and fitness, while the higher levels are necessary to improve health and fitness.

c. Recommended Intensity. Moderately intense aerobic activity equates to continuous exercise that raises heart and respiratory rate, initiates sweating (varies with climate), and permits conversation; vigorously intense aerobic activity elicits higher physiological responses and permits light or broken conversation.

i. Heart Rate Calculations. Heart rate calculations serve as a good indicator of the intensity of aerobic activity. Attachment "E" sets forth recommended Heart rate calculations.

d. Progression of Aerobic Activity. One must maintain regular activity for at least three or four weeks before tangible and lasting health improvements, including body fat loss, will occur. Patience and perseverance are critical to maintain an active lifestyle and effective exercise program because many will start a physical activity program, but within the first two or three weeks of starting, quit and return to an inactive lifestyle. Attachment "F" sets forth the aerobic activity recommended stages of progression for healthy individuals to follow. The recommended stages of progression are helpful to avoid injury, illness, and potential discouragement.

3. MUSCULAR FITNESS PHASE. Generally involves a physical fitness regime that focuses on muscular strength (the maximum force generated by a specific muscle or muscle group) and muscle endurance (the ability of a muscle group to execute repeated contraction over a period of sufficient time duration to cause muscular fatigue).

a. Types of Muscular Fitness. Resistance training such as calisthenics, weight/object training (e.g., machines, free weights, medicine balls, kettle bells, bands, cables, ropes), plyometrics, and field exercises. Movement Patterns – run, bend, twist, squat, pull, and push. Body Regions – core, lower, whole body, upper. Stability and Mobility/Functional Movement.

b. Benefits of Muscular Fitness exercise includes but is not limited to the following: develops muscular strength and endurance, increase and maintains a lean mass, increases the strength and integrity of connective tissue, increases bone mineral density which helps prevent age-related bone deterioration, combats chronic low back problems, improves the ability of the muscles to recover from physical activity, provides injury protection during daily work, and sports and recreation activities, and alleviates some common musculoskeletal complaints which result in lost duty time and medical treatment costs.

4. COMBINED ACTIVITY PHASE. Combined aerobic and muscular fitness actions, e.g., rotations, or running between muscle fitness stations.

5. FLEXIBILITY. In general, flexibility is the maximum ability to move a joint freely, without pain, through a range of motion. Although flexibility is not assessed during the PFQT, it is important to health and functional living and should be part of a well-balanced physical activity routine. To help maintain flexibility, stretching after a workout when muscles, tendons, ligaments, and connective tissues are warmer (above normal body temperature) is recommended.

a. Static Stretch is recommended with a major emphasis on the major muscle groups to include the low back, hips, quadriceps and hamstrings (front and back of thigh), lower leg. Do not ballistic (bounce) stretch. Recommended repetitions are three to four for each stretch.

b. Stability and Mobility are combined with flexibility. Stability deals with maintaining non-movement functional positions, including postural stability. Stability ranges from shoulder to ankle with shoulder, core and hip stability as primary. Mobility is stable, controlled, functional movement through an active range of motion in the various planes of motion.

6. COOL DOWN PHASE or Movement Transition/Cessation Phase. Equally important is the cool down phase, which should be a gradual reduction in activity or static stretching. The Cool Down Phase helps to prevent blood pooling, hastens recovery and helps to avoid injury.

III. HEALTH AND NUTRITION PROGRAM. Every LEP is solely responsible for maintaining health and proper nutrition standards. The Judiciary through its' Healthcare Provider offers LEP's a myriad of wellness benefits focused on promoting healthier lifestyles and partners with providers such as Dr. Lombard's Supervised Weight Management Therapy, Horinouchi Wellness Clinic and Lohas Chiropractic & Nutrition. LEP's are encouraged to consult with either the Coordinator or the Judiciary's Human Resources Division so as to maximize the use and consultation of these professionals.

A. NUTRITION PROGRAM. The Judiciary's Nutrition Program is more fully set forth in the Guam Pease Officer Standards and Training Commission *Health and Nutrition Program Guidebook*, which is attached hereto as Attachment "G". LEP's are encouraged to review and familiarize themselves with the guidebook.

ATTACHMENTS:

ATTACHMENT A: PFQT Standards
ATTACHMENT B: PFQT Instructions
ATTACHMENT C: Fitness Screening Questionnaire and Medial Evaluation Form
ATTACHMENT D: PFQT Score Cards
ATTACHMENT E: Heart Rate Calculations
ATTACHMENT F: Aerobic Activity Stages of Progression for Healthy Individuals
ATTACHMENT G: Guam POST Commission, Health and Nutrition Program Guidebook

REFERENCES:

Public Law # 32-232
Public Law # 34-49,
Government of Guam Worksite Wellness Program
AFI 36-2905
GPD General Order 15-001 (Physical Fitness Policy)

Attachment A

JOG PFQT (SATISFACTORY or UNSATISFACTORY)

MALES				FEMALES			
AGE	1-mile run	push-ups	sit-ups	AGE	1-mile run	push-ups	sit-ups
< 30	9:12	33	42	< 30	10:51	18	38
30-39	9:45	27	39	30-39	12:03	14	29
40-49	10:24	21	34	40-49	12:43	11	24
50-59	10:33	15	28	50-59	13:03	9	20
> 60	10:54	14	22	> 60	13:46	7	11

*use 2Km Air Force Walk Test for running profiles

*Run time is the Army's 2-mile run time divided in half
**(bootcamp 50pt scale)
** (increased >60 years old by finding the average of difference for each respective gender)
* Push-ups and Sit-ups are the Air Force standard

2 kilometer WALK TEST
(AFI standards)

AGE	MALE	FEMALE
<30	16:15	17:21
30-39	16:17	17:27
40-49	16:22	17:48
50-59	16:39	18:10
60+	16:57	18:52

Push-up Component	
Assessment Duration	Officers have one (1) minute to complete as many correct push-ups as possible.
Starting Position	The officer will begin in the starting position with hands slightly wider than sholder width apart, palms or fists on the floor with arms fully extended and the body in astraight line from head to heel. The feet may be no more than twelve (12) inches apart. The body shall maintain a rigid form from head to heel. The feet may not be crossed, supported, or braced.
Complete Push-up	From the starting position, the officer will lower the body to the ground until the upper arm is at least parallel to the floor with the elbow bent at least ninety (90) degrees or less before pushing back up to the starting position. The officer's chest may touch but not rest on or bounce off the floor. The officer completes one full push-up after returning to the starting position with elbows fully extended. The officers' back must remain straight unless resting. If the officer does not lower the body until upper arm is as least parallel to the floor or the officer does not fully extend elbows when returning to starting position or the body bows at the waist, the push-up will not be counted. The officer may rest in the starting position only. If officer rests with their body on the ground, the push-up component of the test will be terminated.
Timing	The test assessor is responsible for operating the stopwatch. The assessor will start the stopwatch when the officers are instructed to the begin, observe the assessment, and notify the officers how much time is remaining at thirty (30) seconds and fifteen (15) seconds. Prior to the beginning the assessment, the assessor will inform the officers to continue to perfom push-ups until directed to stop or until the officer is no longer able to continue.
Monitoring	A monitor will be assigned to each officer to count the correct number of push-ups while the assessor oversees and spot-checks technique to ensure accurate and safe assessment. The monitor will count the number of push-ups out loud. If the officer performs an incorrect push-up or breaks form, the monitor will repeat the last correct complete push-up number. The monitor will examine the officer from a position that allows observance of the officer's form and the arm angles.
Recording	Upon completion of the assessment, the monitor and assessor will record the total number of correct push-ups.

Sit-up Component

Assessment Duration	Officers have one (1) minute to complete as many correct push-ups as possible.
Starting Position	The officer will be instructed to lie face up on the floor or mat. In the starting position, the officer's feet may extend off the mat, but the buttocks, shoulders, and head must not extend beyond the mat. The officer's knees will be bent at a ninety (90)-dgree angle with the feet or heels in contact with the floor at all times. The officer's arms will be crossed over the chest with the hands and fingers on the shoulders or resting on the upper chest.
Foot Hold	The officer's heels must remain anchored to the floor throughout the assessment. The officer may request to have their feet held down by a helper but the helper may not anchor the officer's legs by holding onto the calves or standing on the feet during the assessment. Enough force must be applied to keep the feet or ankles from rising while the sit-ups are being accomplished. If officers request helpers of the same gender to hold their feet, they must be granted that request. In place of a helper holding the feet, a bolted non-portable toe-hold bar may be used to anchor the feet so long as the officer's heels remain in contact with the ground at all times and the bar cannot move.
Complete Sit-up	A complete sit-up is accomplished when the upper torso of the officer is raised off the floor or mat, the elbows touch the knees or thighs, and the upper torso is lowered until the shoulder blades touch the floor or mat. Elbows must touch the knees or thighs at the top of the sit-up, and the shoulder blades must touch the floor or mat at the bottom of the sit-up. any part of the officer's hands or fingers must remain in contact with his or her shoulders or upper chest at all times. If the elbows do not touch the knees or thighs at the top of the sit-up or the shoulder blades do not touch the floor or mat at the bottom of the sit-up or hands or fingers lift completely off the shoulders or upper chest, the sit-up is incorrect and will not be counted. The officer may only rest with the upper torso raised off the floor or mat. If the officer holds onto their knees or legs or rests in the starting position, the sit-up component of the assessment will be terminated.
Timing	The assessor is responsible for operating the stopwatch. The assessor will start the stopwatch when the officers are instructed to begin, observe the assessment and notify the member how much time is remaining at thirty (30) seconds and fifteen (15) seconds. Prior to beginning the assessment, the assessor will inform the officers to continue to perform sit-ups until directed to stop or until the officer is no longer able to continue

Monitoring	A monitor will be assigned to each officer to count the correct number of sit-ups while the assessor oversees and spot-checks technique to ensure accurate and safe assessment. The monitor will count the number of push-ups out loud. If the officer breaks correct form, the monitor will repeat the last correct number. The monitor will examine the member from a position that allows observance to ensure the shoulder blades touch the floor and elbows touch the knees or thighs.
Recording	Upon completion of the assessment, the monitor and assessor will record the total number of correct sit-ups.

One (1)-Mile Run

Run Assessment	Prior to beginning the one (1)-mile run, officers may complete up to a three (3)-minute warm up. Officers will be directed to line up behind the starting line and will begin running when instructed. No physical assistance from anyone or anything is permitted. Officers are required to stay on and complete the entire course. Leaving the course is disqualifying and terminates the test. Completion time will be recorded when the officers crosses the finish line.

Two (2)-Kilometer Walk

Walk Assessment	Prior to beginning the two (2)-kilometer walk, officers may complete up to a three (3)-minute warm up. Officers will be directed to line up behind the starting line and will begin walking when instructed. Officers will walk the two (2)-kilomter course as quickly as they can; they may not run, keeping at least one foot in contact with the ground at all times. No physical assistance from anyone or anything is permitted. Officers are required to stay on and complete the entire course. Leaving the course is disqualifying and terminates the test. Completion time will be recorded when the officers crosses the finish line.

Attachment C

GUAM POST COMMISSION FITNESS SCREENING QUESTIONNAIRE

If member experiences any of the symptoms listed in Question #1 during the fitness assessment, he/she should stop the test and seek medical attention immediately.

Signature: _____ Date: _____

Printed Name: _____ Rank: _____

Duty Phone #: _____

Medical Evaluation (Only applicable if member marked Yes on Question 1; provider answers all 4 statements)

If medical evaluation is required IAW this FSQ, the provider will complete the following.

I medically evaluated _____ on _____. Medical recommendations are:
(NAME) (DATE)

Member (is / is not) medically cleared for the maximal effort 1.0 mile run.

Member (is / is not) medically cleared for the maximal effort 2.0 kilometer walk.

Member (is / is not) medically cleared for push-ups.

Member (is / is not) medically cleared for sit-ups.

_____

(Signature / Date / Stamp of Provider)

J.O.G. Physical Fitness Qualification Test Score

Event	Male <30	Male 30-39	Male 40-49	Male 50-59	Male 60+
1.0 Mile Run(*2.0Km Walk)	9:12(*16:15)	9:45(*16:17)	10:24(*16:22)	10:33(*16:39)	10:54(*16:57)
Push-Ups (Minimum 1 minute)	33	27	21	15	14
Sit-Ups (Minimum 1 minute)	42	39	34	28	22

Event	Female <30	Female 30-39	Female 40-49	Female 50-59	Female 60+
1.0 Mile Run(*2.0Km Walk)	10:51(*17:21)	12:03(*17:27)	12:43(*17:48)	13:03(*18:10)	13:46(*18:52)
Push-Ups (Minimum 1 minute)	18	14	11	9	7
Sit-Ups (Minimum 1 minute)	38	29	24	20	11

***Peace officers who are on profile shall obtain and submit to the agency head medical authorization from a Guam licensed health care provider*

Push-Ups Reps: _____ **Sit-Ups Reps:** _____ **1k Run/2k Walk Time:** _____

☐ **PASS** ☐ **PASS COMPOSITE** ☐ **MEDICALLY EXCUSED**

☐ **FAIL** ☐ **FAIL COMPOSITE** ☐ **PENDING MEDICAL EXCUSE**

Attachment C

GUAM POST COMMISSION FITNESS SCREENING QUESTIONNAIRE

Printed Name: _____ **Rank:** _____ **Age:** _____

Signature: _____ **Date:** _____

Contact #: _____ **Section:** _____

You are being asked these questions for your safety and health. The Guam POST Commission Fitness Assessment (FA) is a maximum-effort test. Peace Officers who have not been exercising regularly and/or have other risk factors for a heart attack (increasing age, smoking, diabetes, high blood pressure, etc.) are at increased risk of injury or death during the test. Answering these questions honestly is in your best interest.

1. Have you experienced any of the symptoms/problems listed below and not been medically evaluated and cleared for unrestricted participation in a physical training program?

   - Unexplained chest discomfort with or without exertion
   - Unusual or unexplained shortness of breath
   - Dizziness, fainting, or blackouts associated with exertion
   - Other medical problems that have not been evaluated, optimally treated, or not already addressed that may prevent you from safely participating in this test (e.g. heart disease, sickle cell trait, asthma, etc.).
   - Family history of sudden death before the age of 50 years

   ☐ **YES:** Stop. Notify your Fitness Program Manager and contact your Personal Care Provider for evaluation/recommendations. Hand carry this form to medical evaluation.

   ☐ **NO:** Proceed to next question.

2. Are you 35 years of age or older?

   ☐ **YES:** Proceed to next question.

   ☐ **No:** Stop. Sign form and return to your Fitness Program Manager. Member may take the Fitness Assessment.

3. Have you engaged in vigorous physical activity (i.e., activity causing sweating and moderate to marked increases in breathing and heart rate) averaging at least 30 minutes per session, 3 days per week, over the last 2 months?

   ☐ **YES:** Stop. Sign form and return to your Fitness Program Manager. Member may take the Fitness Assessment.

   ☐ **NO:** Proceed to next question.

4. Does one (1) or more of the following risk factors apply to you?
   - Smoked tobacco products in the last 30 days
   - Diabetes
   - High blood pressure that is not controlled
   - High cholesterol that is not controlled
   - Family history of heart disease (developed in father/brother before age 55 or mother/sister before age 65)
   - Age >45 years for males; >55 years for females

   ☐ **YES:** Stop and notify Fitness Program Manager

   ☐ **NO:** Stop. Sign Form and return to your Fitness Program Manager. Member will take the Fitness Assessment.

Attachment D

P.O.S.T PHYSICAL FITNESS QUALIFICATION TEST
TIME/DATE:

NAME _____ AGE _____ GENDER _____

For OFFICIAL purposes only.

Your final score will be issued no later than the next working day.

PUSH UPS	SIT UPS		RUN		WALK
				(1 MILE)	

PROCTOR PRINTED NAME	PARTICIPANT PRINTED NAME
PROCTOR SIGNATURE	PARTICIPANT SIGNATURE

P.O.S.T./H.R. COPY

P.O.S.T PHYSICAL FITNESS QUALIFICATION TEST
TIME/DATE:

NAME _____ AGE _____ GENDER _____

For OFFICIAL purposes only.

Your final score will be issued no later than the next working day.

PUSH UPS	SIT UPS		RUN		WALK
				(1 MILE)	

PARTICIPANT COPY

ATTACHMENT "E"

Heart Rate (HR) Calculations.

1. Maximal HR Formula. Aerobic activity corresponding to HRs in the range of 60% - 90% of age specific estimated maximal HR.
2. HR Range or HR Reserve Formula steps are:
   a. Calculate Maximal HR. For ages <40 years subtract age in years form 220; max HR+220-age. For ages 40+ years multiply age in years by 0.7, then subtract product rom 208. Max HR + 208 – 0.7age for member age 40 years and above.
   b. Measure Resting HR for three to four days shortly after waking for a 60 second period, while in the same body position each day. Take an average of the measures.
   c. Calculate HR Range. HR Range=MaximalHR-RestingHR
   d. Calculate minimum, optimal (target), and do-not-exceed (safety) exercise HRs:
      Minimum exercise HR = (50%HR Range) + Resting HR
      Optimal exercise HR = (75% HR Range) + Resting HR
      Do-not-exceed exercise HR = (85% HR Range) + Resting HR

EXAMPLE: 30 year old with a Resting HR of 70 beats/min calculate Maximal HR as 220 – 3- = 190 beats/min and Hr Range as 190 – 70 = 120. Applying the equations:
Minimum exercise HR = 50% (120) + 70 = 130 beats/min
Optimal exercise HR = 75% (120) +70 = 160 beats/min
Do-not-exceed exercise HR = 85% (120) + 70 = 172 beats/min

This individual should keep exercise HR above 130 beats/min, but below 172 beats/min, targeting 160 beats/min for a least 20 minutes to 25 minutes 3 days/week. Unfit individual should start at the lower end of the HR Range. As fitness level increases, the resting HR will decrease, therefore increase the intensity percentage from low (50%) towards optimal (75%). Also, fitness personnel can help fine tune these calculations taking into account medication, risk of injury, and individual preferences and objectives

ATTACHMENT "F"

Initial Stage. Include low=level aerobic activities and light muscular endurance exercises for minimal muscle soreness or discomfort. Do not be aggressive in this stage. Set individual goals which are achievable and realistic; include a system of personal rewards. Majority of failures occur in this stage – persevere to experience benefits.

Improvement Stage. Progress more rapidly here at a higher intensity, steadily increase duration to 45 minutes of continuous exercise. Increase frequency as adaptation to exercise permits.

Maintenance Stage. After six months of regular activity, focus on maintenance. Review goals ensuring that long-term focus is on a lifestyle approach to activity, remembering that considerable health benefits come from regular participation in moderate exercise.

Aerobic Activity Stages of Progression for Healthy Individuals - General Guidance

Program Phase	Week	Frequency (sessions per week)	Duration(mins)	Intensity (%HR)
Initial Stage	1	3	12	40-50
	2	3	14	50
	3	3	16	60
	4	3	18	60-70
	5	3	20	60-70
Improvement Stage	6-9	3-4	21	70-80
	10-13	3-4	24	70-80
	14-16	3-4	24	70-80
	17-19	4-5	28	70-80
	20-23	4-5	30	70-80
	24-27	4-5	30	70-85
Maintenance Stage	28+	3	30-45	70-85

GUAM PEACE OFFICER STANDARDS AND TRAINING COMMISSION

HEALTH AND NUTRITION PROGRAM GUIDEBOOK

COL6 18/2019

Disclaimer

You should consult your physician or other health care professional before starting this or any other nutrition and diet program to determine if it is right for your needs. This guidebook offers health, fitness and nutritional information and is designed for educational purposes only. The information is not intended as a substitute for consultation, evaluation or treatment by a medical professional and/or registered dietitian or nutritionist.

There are many other health and nutrition programs available to the end user. Therefore, participation in this health and nutrition program is completely voluntary and the member is free to seek a program that they feel is right for them.

The reader assumes full responsibility for consulting a qualified health professional regarding health conditions or concerns, and before starting a new diet or health program.

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SOURCE: WWW.NAVYFITNESS.ORG

Introduction

We need a new paradigm for the food we eat. We need to view food as nourishment to our body as opposed to solely calorie units. We need to consider what that food represents in terms of energy and nutrients. Just one food or one nutrient is not the answer to more energy, an optimal weight, better health, and improved performance. The key to success lies in the collection of our habits that fuel our bodies, activities, minds, performance, and most importantly our lives.

There are 5 areas of nutrition focus in the Fueling Series. You will find that the handout series and builder systems revolve around these 5 areas.

Eat Clean Eat Often Hydrate Recover Mindset

1. EAT CLEAN

Eating clean means trying to choose the least processed types of foods most of the time. Typically, the closer the food is to its original form (from the earth or the animal); the better it is for you.

Simply put: Try to eat foods in the most natural form possible.

Nutrient density plays a large role in the mentality of eating clean. Nutrient density is the relationship of the amount of nutrients that a food has to amount of calories. It is critical to try to choose nutrient dense foods as often as we can to ensure we get the nutrients we need. Focus on trying to choose the types of foods that have the highest amount of nutrients for the calories within the foods.

The 3 macronutrients:

Carbohydrate = Fuel **Protein = Build** **Fat = Energy Density**

2. EAT OFTEN

The key to energy and stainability (beyond the types of foods you choose) is how often you eat. By eating mini-meals every 2-3 hours, your body is given a steady flow of fuel. The goal here is to maintain blood glucose (fuel) in an optimal range. This will help maintain focus and keep your metabolism roaring all day long. We find that those who eat more frequently have better energy and prevent becoming overly hungry, which can help us make better choices.

3. HYDRATE

It is vital to stay hydrated because the body is 60-65% water which performs numerous vital functions including:

- Providing life and shape to every cell
- Delivery of fuel to muscles
- Lubrication and cushioning of joints
- Aiding in muscle contraction & tone
- Aiding in metabolism and digestion
- Brain function
- Shock absorption for the spine and brain
- Regulating temperature

Consequently, dehydration causes these functions to suffer impairing your health, ability to recover from illness, and athletic performance. As little as a 2% decrease in weight, due to fluid loss, can impair both physical and mental performance.

SOURCE: WWW.NAVYFITNESS.ORG

4. RECOVER

Nutrition can help to speed the recovery process. After a workout your body has emptied its fuel stores and the muscle has been broken down. To gain the most out of your workout and perform at high levels, you need to repair the muscle and replace your fuel stores as quickly as possible.

Getting a combination of carbohydrates and proteins within 30 minutes of your training session will ensure that you are recovering as quickly and efficiently as possible, which will minimize the time needed between sessions and decrease the risk of injury.

Carbohydrate = Re-Fuel **Protein = Re-Build**

5. MINDSET

The final piece of optimizing nutrition is focusing on mindset and behavior. All of the education in the world does not matter if it doesn't lead to behavior change. Providing simple lists of the "best" foods to choose, easy guides on portion size, and presenting material in a concise and action-based way will help to give you the tools to immediately start making changes.

As a society we have become enamored with diets. The word diet has many different definitions and is typically associated with managing the calories that you consume or eating in a prescribed or particular way. The word nutrition has a more positive connotation and is typically associated with nourishing the body. The goal of the Fueling Series is not to give out a diet plan. It is to help you focus on your habitual intake and the results of your nutrition habits.

The 80/20 rule promotes balance and the inclusion of all foods. We recommend that you try to consume foods you know will give you the nutrients and sustainable energy you need 80% of the time and then consume whatever it is you want the other 20% of the time. Everything can fit into your daily "diet," your habitual intake. Just keep yourself in check.

THE MEAL BUILDER SYSTEM

The meal builder is an easy way to understand both what and how much to eat at each meal. The essence of the system is for weight control, but we like to think of it more as a fueling strategy to get you to your goals. There are meal builders in the handout series that will assign both males and females to their particular calorie zone. The recommendations in the zones provide a better idea of the amount of food that should be eaten to achieve your goals.

PARTING THOUGHTS

How you eat and what you eat are essential to your daily performance. Having sustainable energy is a function of your commitment to making smart nutrition decisions and fueling your body optimally.

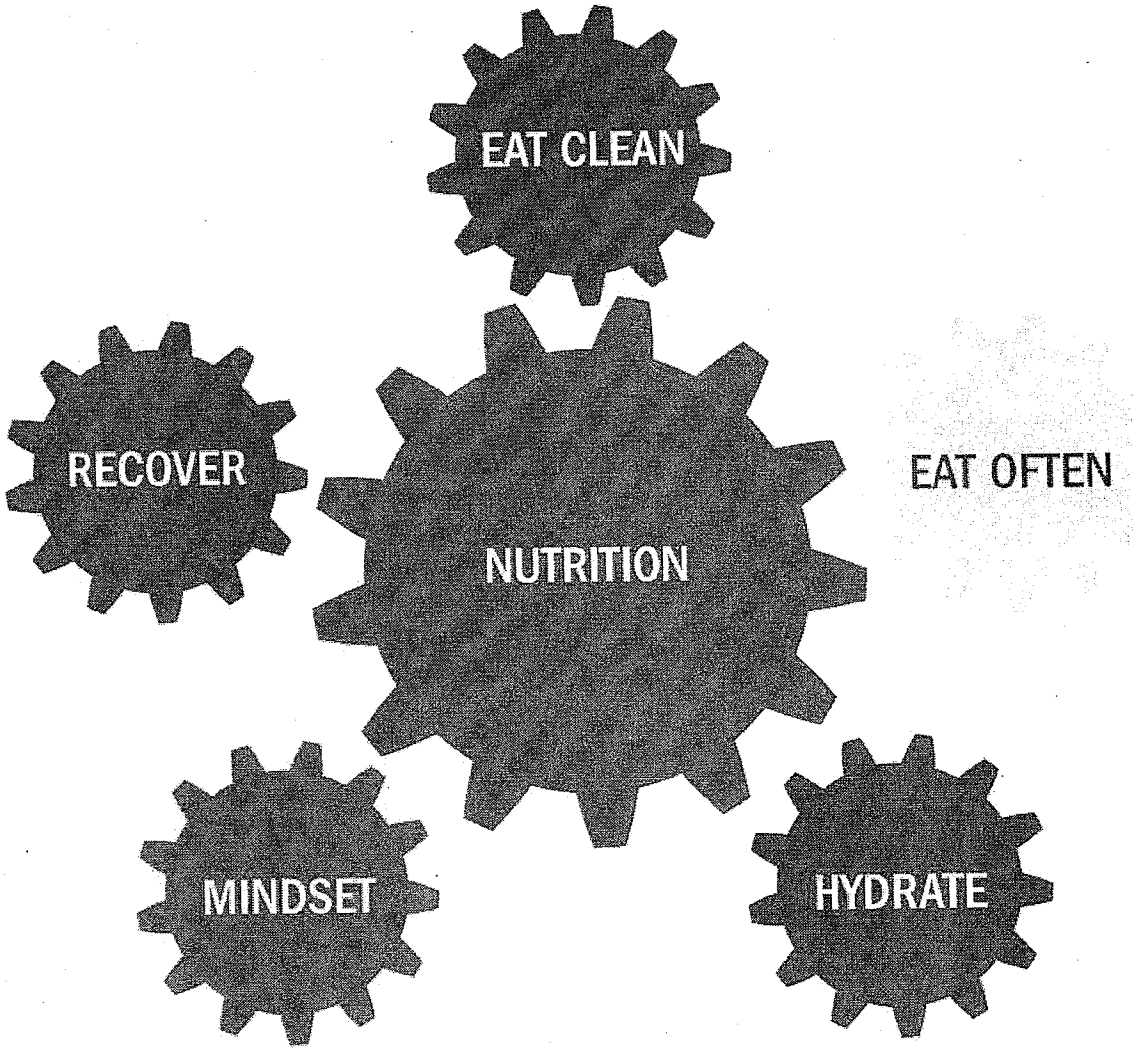
The content of this manual is designed to help Guam Peace Officers achieve their goals by giving them the tools needed to make the choices that will result in the energy they need to perform their duties on a daily basis.

Eat Clean. Eat Often. Hydrate. Recover. Mindset.

SOURCE: WWW.NAVYFITNESS.ORG

FUELING SERIES

PERFORMANCE NUTRITION FUNDAMENTALS



Master these 5 fundamentals and enjoy new found physical and mental performance through nutrition.

SOURCE: WWW.NAVYFITNESS.ORG

THE 10 NUTRITION RULES TO LIVE BY

1. COME BACK TO EARTH.

Choose the least processed forms of food such as: Fruits, veggies, whole grains, and high fiber carbohydrates.

2. EAT A RAINBOW OFTEN.

Eat fruits or vegetables with each meal. Choose a wide variety of colors for the biggest benefit.

3. THE LESS LEGS THE BETTER.

Include a LEAN protein source with each meal.

4. EAT HEALTHY FATS.

Include healthy fats in your diet like olive oil, nuts, natural nut butters, seeds, avocado, fish, flaxseed, and flaxseed oil.

5. EAT BREAKFAST EVERY DAY.

When you eat within 30 minutes of waking up, you jump start your metabolism. This gives you more energy to get your day going.

6. THREE FOR THREE.

Eat smaller portions more often, spread evenly across the day. No excuses – you should be eating 4-6 meals/day! Aim for all three macronutrients (carbs, protein, and fat) every three hours for optimal fueling.

7. STAY HYDRATED.

Dehydration = Decreased Performance. Drink at least 3 liters of non-caloric beverages (water/green tea) every day.

8. DON'T WASTE YOUR WORKOUT.

Have a post-workout recovery meal or shake that combines both carbs and protein immediately after your training.

9. SUPPLEMENT WISELY.

Fuel first and supplement second. If you are not getting what you need through food, add a multivitamin supplement into your daily routine. Create a smart supplementation program that improves your performance without compromising your health or draining your wallet. Before you take any type of supplement, make sure to check in with your doctor or registered dietitian.

10. SLEEP.

Aim for 8 hours of sleep. If you can't get 8 hours daily, consider power naps when you can. The body recovers and repairs best when it is sleeping.

The 80/20 Rule.

Each meal and snack is an opportunity to fuel your body optimally. Choose the foods that are best for you 80% of the time and incorporate some of those foods that may not be the best, but are your favorites, 20% of the time!

SOURCE: WWW.NAVYFITNESS.ORG

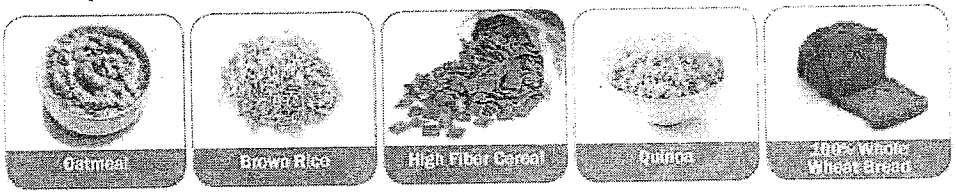
FUELING SERIES

THE BIG THREE: CARBOHYDRATE, PROTEIN, FAT

Grains: "Come Back to Earth" • Carbohydrate = FUEL for the brain & muscles

- Main sources are: Breads, cereals, grains, beans, fruits, and vegetables.
- What to look for in a grain: The least processed forms of grain you can find.
- Think brown and found close to the ground!
- The best choices will have more than 3g of FIBER per serving.

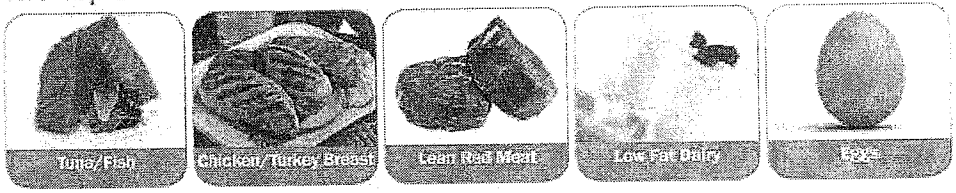
The Top 5 Grains



Protein: "The Less Legs the Better" • Protein = Building blocks for our bodies

- Protein builds muscle and maintains the immune system.
- Main sources are: Lean Meats, Low Fat Dairy, Eggs, and Beans/Legumes.
- What to look for: Lean protein sources. Typically the less legs on the animal the protein came from, the better it is for you.
- Try to include a lean protein source with every meal.
- Protein needs increase with activity. Intake ranges from 0.5g (recreational exerciser) to 0.8g (building muscle mass) of protein per pound of body weight. You will never need more than 1g per pound for health or muscle mass gains. The palm of your hand equals about 30-40g of protein.

The Top 5 Proteins



Fats: "Eat Healthy Fat " • Healthy Fats = Energy Density

- Healthy Fats provide energy, help to regulate blood sugar, improve cholesterol, and keep you feeling full.
- Omega-3 fatty acids improve cognition, decrease inflammation, and enhance heart health. They are considered essential because your body cannot make them, you must get them through food. Omega-3's are found in fatty fish like salmon, trout, and tuna, as well as flaxseed, walnuts, and omega-3 fortified foods.
- Try to get one serving of healthy fat per meal (2 total servings of fatty fish per week).

The Top 5 Fats

SOURCE: WWW.NAVYFITNESS.ORG

FUELING SERIES

CHOOSE YOUR FUEL

EAT CLEAN

	HIGH OCTANE FUEL: 91	REGULAR OCTANE FUEL: 89	LOW OCTANE FUEL: 87
CARBS (GRAINS)	Beans (black, kidney, navy) Chickpeas Black eyed-peas Brown rice Corn Green peas High fiber crackers Lentil, black bean and pea soup Low-fat refried beans Sweet potato/yam Whole grain bread Whole grain bagels Whole grain cereal Whole grain tortillas Whole grain waffles	Baked beans Baked chips Boiled new potatoes Cereal bars Corn tortillas Cornmeal/cornbread Crackers Cream of wheat Flour tortillas French bread French toast Hamburger/hot dog buns Macaroni Pancakes Pasta Pita bread Pretzels Ravioli Rice cakes Spaghetti Waffles White bread White rice	Biscuits Croissants Doughnuts Fettuccini alfredo French fries Hash browns Mashed potatoes Muffins Pop tarts Refried beans Sugary cereals
PROTEIN	95% Ground beef or turkey Beans & peas Chicken, white meat/skinless Deli meat (turkey, ham, beef) Eggs (especially omega 3 eggs) Egg whites Lean beef steak Lean ham steak Lean jerky Low-fat cottage cheese Yogurt Milk: Non-fat and 1% Nut butters: Almond/peanut Non-fried fish Tofu Trimmed pork chops Tuna (in-water) Turkey, white meat/skinless	85% Ground beef/turkey Chicken, dark/skinless Milk: 2% and low-fat flavored Turkey, skinless/dark Turkey bacon Turkey sausage	75% Ground beef/turkey Bacon Beef or pork ribs Bratwurst Chicken, with skin Fried chicken Fried fish/seafood Frozen pizza Ham on bone Regular cottage cheese low-fat Whole milk/chocolate milk
FAT	Avocado Flax seed and flax oil Natural almond butter Natural peanut butter Olive oil Canola oil Peanuts Pumpkin seeds Raw almonds Raw cashews Raw pecans Raw pistachios Raw walnuts Sunflower seeds	Butter (in small amounts) Dry roasted nuts/seeds Reduced fat mayonnaise Reduced fat salad dressing Reduced fat sour cream Reduced fat cheese Regular peanut butter	Fried foods Honey roasted nuts/seeds Margarine Mayonnaise Ranch & other salad dressing Regular cheese Sour cream Coconut oil

SOURCE: WWW.NAVYFITNESS.ORG

Fruits and Vegetables

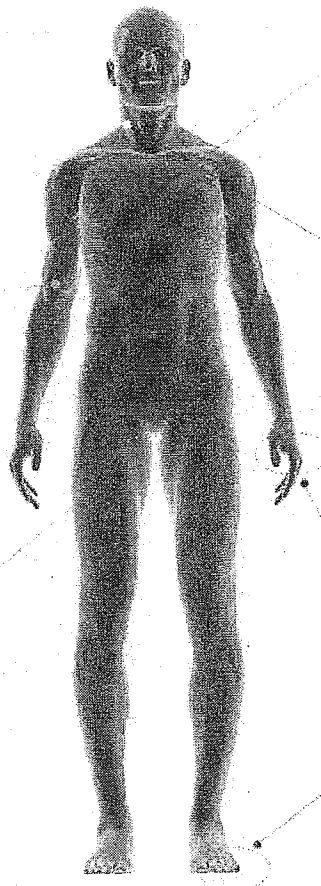
- Fruits and vegetables are a great source of high fiber carbohydrates.
- Fruits and vegetables provide our body with a combination of vitamins that cannot be replicated in a supplement.
- Different colors serve different roles in the body.
- Aim for at least 3 colors at every meal.
- Over the course of the day strive to eat 2 servings of fruit and 3 servings of vegetables.
- Whole fruits and vegetables are best.
- Canned and frozen fruits and vegetables can also offer healthy alternatives at a lower cost. When choosing canned fruits make sure to choose them in their own juice or water.
- Drink fruit juice in moderation and make sure it is 100% juice. One serving of juice is equal to 4-6 oz.

COLOR CODE OF RESTORATIVE NUTRITION

Yellow Foods: Optimizes brain functions
- Star fruit
- Yellow fig
- Golden kiwi
- Yellow pear
- Yellow pepper
- Yellow tomato
- Squash
- Sweet corn

Green Foods: Rejuvenates musculature and bone
- Green leafy veggies
- Avocado
- Broccoli
- Kiwi
- Green cabbage
- All green veggies

Orange Foods: Supports skin and mucosal tissues
- Apricot
- Cantaloupe
- Nectarine
- Papaya
- Carrots



Red Foods: Supports heart and circulatory
- Cherries
- Cranberries
- Strawberry
- Beets
- Red onion
- Tomato/ tomato sauce

White Foods: Enhances immune system, lymph system, and cellular recovery
- Banana
- Garlic
- Ginger
- Gobo root
- Heart of palm
- Horseradish
- Jicama
- Mushrooms
- Onion

Purple Foods: Promotes microcirculation
- Blackberry
- Blueberry
- Plums
- Cabbage
- Eggplant
- Grapes
- Olives

SOURCE: WWW.NAVYFITNESS.ORG

FUELING SERIES

FUEL UP: "THREE EVERY THREE" EAT OFTEN

Set the Tone! • "Break" – the – "Fast"

Eat breakfast every day:

- Breakfast: Increases Metabolism
  Fuels the Brain
  Increases Energy Levels
- Don't substitute coffee, soda and energy drinks for food or lack of sleep.
- Skipping breakfast leads to eating more calories through the day and later at night. Don't play catch up!

Breakfast should include:

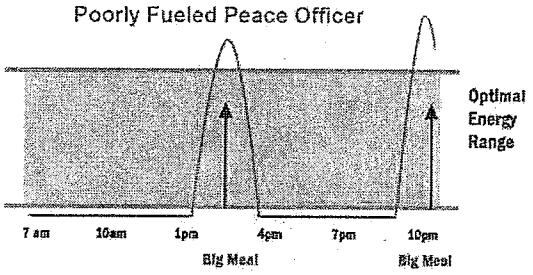
Protein: Eggs, egg whites, ham, beans, yogurt, or low-fat milk

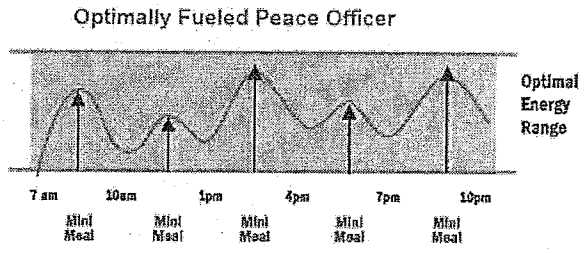
High Fiber Carbohydrate: Whole wheat bread, high fiber cereal, oatmeal, or beans

Color: Fruit in cereal, oatmeal, or yogurt / Veggies in eggs or omelets

Continue to give the body steady fuel:

Eating smaller meals, more often will help to provide stable energy throughout the day. Fuel up with the 3 macronutrients (carbs, protein, fat) every 3 hours. Skipping meals will not lead to weight loss. It will lead to lower energy and decreased physical and mental performance.

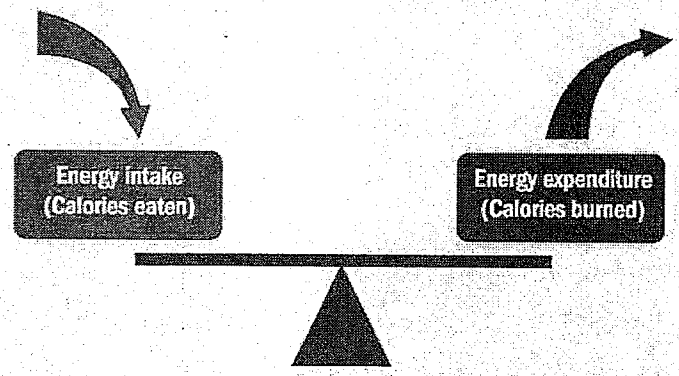




Energy Balance:

Both the quality and the quantity of the food you consume is important to consider in order to maximize your performance and achieve your body composition goals. Energy is another word for calories and your energy balance is represented by your energy in (what you eat and drink) and energy out (what you burn through daily living and physical activity). Daily balance is important, but you should not scrutinize your daily intake. Changes in body composition will be a result of your consistent changes over time; therefore, aim for balance over the course of each week.

This guide provides the information you need to maximize your nutrient QUALITY and energy QUANTITY. Check out the Meal Builder to get an estimate of how many calories you should consume and how to build a day of meals that will provide you with the correct blend of nutrients to help you reach your goals. Keep in mind that the meal builder recommendations are designed for use with workouts or exercises of similar intensity and duration.



THE SAME AMOUNT OF QUALITY ENERGY IN & ENERGY OUT OVER TIME = WEIGHT STAYS THE SAME

More IN than OUT over time = WEIGHT GAIN

More OUT than IN over time = WEIGHT LOSS

LIFESTYLE ACTIVITY + STRUCTURED WORKOUTS + QUALITY FUELING = SUCCESS

SOURCE: WWW.NAVYFITNESS.ORG

Portion Control: What is a serving size?

Choosing great foods is only half the battle to optimizing nutrition. Make sure to choose portion sizes that fit your needs.

BREADS:

1 Slice 100% whole wheat, rye, white, pumpernickel bread
2 Slices reduced calorie bread
1 Hot dog bun
½ English muffin
½ Bagel (3 inches)
1 Roll (small)
6" diameter pita bread
6" diameter corn or flour tortilla

VEGETABLES:

1c Raw vegetables
1c Cooked vegetable (e.g. see above for raw)
6oz Most vegetable juices

FRUITS:

1 Medium whole fruit (apple, orange, banana, etc)
½c Applesauce, unsweetened
¾c Blueberries
1-¼c Whole strawberries
1c Raspberries or boysenberries
1c Cubed cantaloupe or honeydew
¼c Cubed watermelon
½c Canned fruit (canned in water or juice)
12-15 Grapes
12 Cherries
2 Small plums
3 Dried prunes (also called "dried plums")
2Tbsp Raisins or other dried fruit
4-6oz. 100% fruit juice

CEREALS AND GRAINS:

1oz Most cold cereals (1/4 – 1c)
1-½c Puffed cereals (e.g. puffed rice)
½c Cooked cereal (e.g. oatmeal, oat bran, cream of wheat)
½c Cooked brown or white rice
½c Cooked enriched or whole-wheat pasta

MILK AND DAIRY

8oz (1c.) Nonfat or 1% milk, low fat or 1% fat chocolate milk
8oz (1c.) Calcium-fortified light or reduced fat soy milk
8oz (1c.) Nonfat or 1% plain or fruited yogurt
½c Nonfat frozen yogurt

MEAT AND PROTEIN

8oz (1c.) Nonfat or 1% milk, low fat or 1% fat 3 - 4oz meat
½c Beans
2Tbsp Peanut butter
2 Eggs
½c Cottage cheese

1tsp = 1 Teaspoon
1Tbsp = 1 Tablespoon
1c = 1 Cup
1oz = 1 Ounce

QUICK TIPS:

- 3-4oz. of meat is about the size and thickness of a deck of playing cards.
- A medium sized piece of fruit is the size of a tennis ball.
- 1oz of cheese is about the size of four stacked dice.
- ½c of ice cream is the size of a tennis ball.
- 1c of mashed potatoes is the size of your fist (depending on your size; commonly the size of a female fist).
- 1oz of nuts should fit into the small of your hand.
- 1tsp of margarine or butter is about the size of the tip of your thumb.

SOURCE: WWW.NAVYFITNESS.ORG

DAILY HYDRATION NEEDS

- Water should be your main source of hydration.
- Avoid drinking soda, energy drinks, and fruit drinks. These beverages provide a lot of calories with very little nutritional value.
- Limit sweetened teas and coffee drinks with added sugar and cream.
- Only choose sports drinks before, during, and after intense exercise.

Are you hydrated?

- If you are thirsty, it is too late.
- Evaluate your urine. It should be light in color and resemble pale lemonade.

To maintain hydration drink water:

- 0.5 - 1oz fluid per pound per day [There are about 33oz in a liter (L)]

BODY WEIGHT	OUNCES OF FLUID PER DAY	LITERS NEEDED PER DAY
120 pounds	60 – 120 oz	2 – 4 liters/day
150 pounds	75 – 150 oz	2.5 – 5 liters/day
175 pounds	90 – 175 oz	3 – 6 liters/day
200 pounds	100 – 200 oz	3.5 – 7 liters/day
225 pounds	115 – 225 oz	4 – 8 liters/day
250 pounds	125 – 200 oz	4.5 – 9 liters/day

HYDRATION CONSIDERATIONS IN EXTREME ENVIRONMENTS

In extreme environments it is even more important to be aware of your fluid intake, fluid loss and electrolyte needs.

Key Nutrition Tips for Extreme Environments:

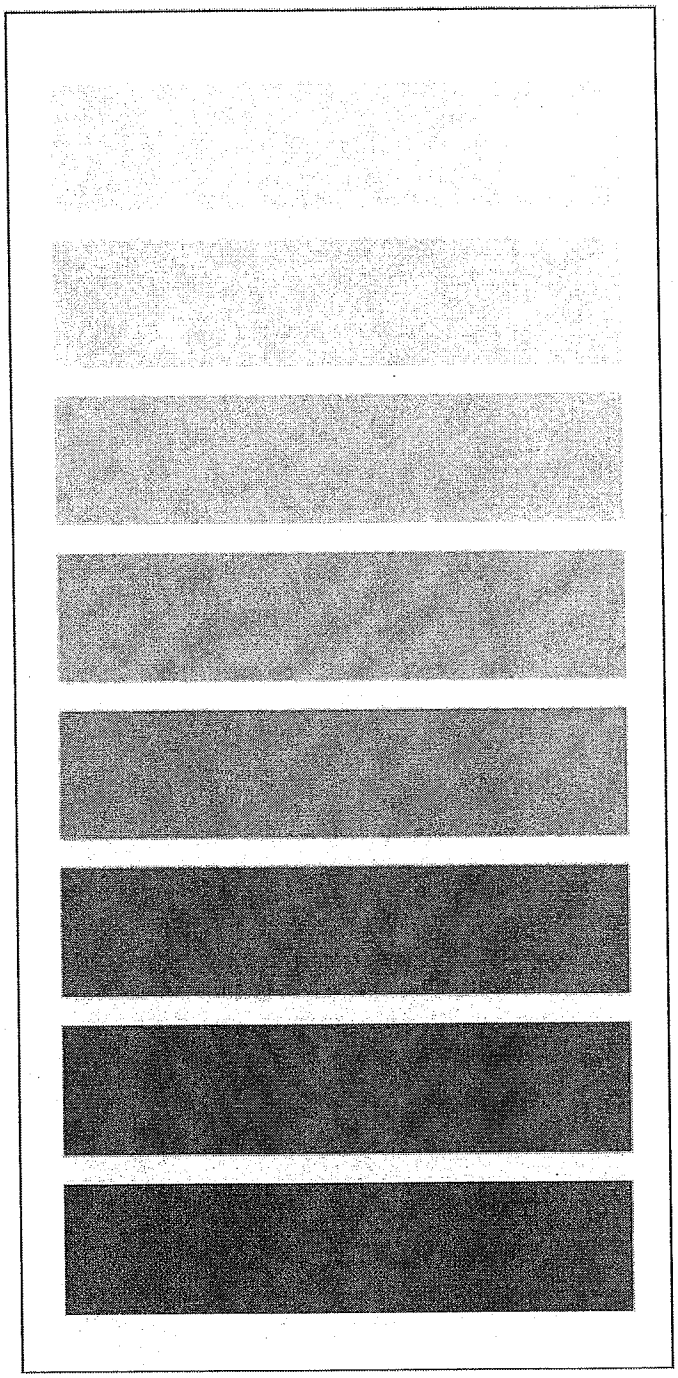
- Do not skip meals.
- Take time to drink.
- Maximize taste/palatability (temperature, sweetness) of your beverage. If it tastes great, you are more likely to drink it.
- Minimize body water losses.
- Consider engineered food products when cramping risks are high, if you are a salty sweater, or if you are sweating more than usual. Choose sports drinks with at least 110mg sodium and 30mg potassium per 8oz/250ml. These are ideal for replacing electrolytes lost in sweat.
- If you are an excessively salty sweater (salty skin), then 200mg sodium per 8oz or added electrolytes should be considered. (Nuun Tablets, Gator-Lytes, etc...)
- Include whole foods in your meals that are higher in sodium. Good options are V8 Juice, pickles, pretzels, adding a little extra salt to your meals.

ENVIRONMENT	CONSIDERATION	HYDRATION RECOMMENDATIONS
Dry Extreme Heat	The extreme dry heat greatly increase the risk for dehydration and heat injury.	**Suggested Fluid Intake:** 5-12 Liters/day **Tips:** Sweating rates can be reduced by working at night. During daylight hours, sweating rates can be reduced by covering the skin with light, vapor-permeable clothing. If and when possible, drink COLD water and sports drink.
Hot and Humid	Relative humidity can increase water requirements independent of temperature. The humidity makes the evaporation of sweat off the skin difficult, which decreases the body's ability to cool itself. This increases the risk for dehydration and heat exhaustion. Excessive sweating can also cause a large loss of electrolytes, specifically sodium and potassium.	**Suggested Fluid Intake:** Up to 2x needs of Extreme Dry Heat **Tips:** If and when possible drink COLD water and sports drink.
Altitude	Altitude puts us at greater risk of dehydration. More fluid is lost through our urine and breathing. Layers of clothes may cause us to sweat more with little evaporation. The elevation also causes us to not feel as thirsty.	**Suggested Fluid Intake:** 4-6 Liters/day **Tips:** Drinking small quantities of fluid frequently results in less urine production than drinking large quantities of fluid less frequently.
Altitude and Cold	The addition of cold to altitude can cause greater risk for dehydration because of the sweat losses that occur in insulated clothing, low rates of fluid ingestion, and concern of having to remove clothing to urinate.	**Suggested Fluid Intake:** 5.5-7.5 Liters/day **Tips:** Make sure to consider the ventilation for your clothing to allow for sweating to dissipate heat. Drinking small quantities of fluid frequently results in less urine production than drinking large quantities of fluid less frequently. If and when possible consume hot fluids, tea, chicken/vegetable broth.

SOURCE: WWW.NAVYFITNESS.ORG

HYDRATION URINE CHART

HYDRATE



Check the color of your urine as a good indicator of your hydration status.

Hydrated

Dehydrated

Extremely Dehydrated
(consult a doctor)

SOURCE: WWW.NAVYFITNESS.ORG

Recovery in 3's: Pre, During, and Post-Workout

Pre Workout

Don't go into your workout on an empty stomach.

Top off your fuel tank with a small balanced snack containing carbohydrate, fluid, and a small amount of protein approximately; 1 – 2 hours before your workout.

Going into a workout properly fueled will improve performance and jump start recovery.

Great pre-workout snacks include:

- 1 Yogurt with ½ cup berries and ¾ cup high fiber cereal
- Small bowl of cereal with a banana
- ½ turkey sandwich and fruit
- ½ peanut butter & jelly sandwich and fruit
- Homemade trail mix: (1c high fiber cereal, 2 Tablespoons dried fruit, 2 Tablespoons nuts)

Make sure to hydrate with 16-20 oz of water too.

During Workout

It is important to stay hydrated during exercise.

How much do you need to drink?

- Losing 2% or more of your body weight due to sweating can decrease your performance and put you at greater risk for heat illness.
- A good way to monitor how well you are hydrating is to weigh yourself before and after training.

Do you need a sports drink?

NO, if...

- Training for less than 1 hour
- Weight loss is the goal of the training session

YES, if...

- Training for over an hour
- Training in extreme environments
- Lean body mass gain is the goal
- You enter the workout without any fuel
- You have a short but extremely intense workout

GENERAL HYDRATION GUIDELINES DURING WORKOUTS:

Maintain Hydration

- Keep weight loss to less than 2% during the workout.
- Take 4-6 gulps of fluid about every 15 minutes.
- Pay extra attention to your hydration when you are sweating more than usual or in an extreme environment.

Maintain Fuel and Electrolytes

- When you need something more than water, choose a sports drink with at least 110mg of sodium per 8 ounces to help prevent cramping and maintain electrolytes.
- When your exercise level warrants the consumption of a sports drink, 20-32oz an hour is all you will need to keep you fueled. Balance the rest of your hydration needs with water.

Hydration Example: 150 pound Peace Officer

- 2% of their body weight is 3 pounds.
- If this **Officer** loses more than 3 pounds during their training, they are not hydrating effectively.

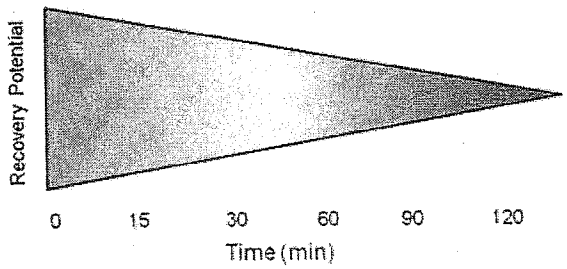
SOURCE: WWW.NAVYFITNESS.ORG

Recovery in 3's: Pre, During, and Post-Workout

Post Workout

- The sooner you get your post workout nutrition, the quicker you recover.
- Your recovery snack or meal – such as a granola bar with at least 5g of protein or a fruit smoothie – makes up one of your 5 - 6 meals per day.

THE OPEN WINDOW OF OPPORTUNITY TO GET YOUR BODY THE NUTRIENTS IT NEEDS FOR RECOVERY.



- ***Re-Fuel***
- ***Re-Build***
- ***Re-Hydrate***

Within 10 minutes of training:

1. Refuel with carbohydrate
The more intense the training, the more carbohydrate you need.

2. Rebuild with protein
Protein needs post workout are based on body weight.

3. Rehydrate with fluid
Drink 20-24oz of fluid for each pound lost during training.

What do you need to recover?

BODY WEIGHT (POUNDS)	GRAMS OF PROTEIN	GRAMS OF CARBOHYDRATE
120 - 150	15 - 20	30 - 60
150 - 180	20 - 25	40 - 75
181 - 215	25 - 30	50 - 90
215 - 245	30 - 35	60 - 105

Examples:

- 20oz low-fat chocolate milk + banana
- Turkey and pasta salad
- Tuna sandwich w/baked chips
- Meal replacement bar + 20oz sports drink
- Scrambled eggs or egg whites with whole wheat toast and 6oz juice
- Turkey sandwich + yogurt
- Spaghetti and meatballs
- Fruit smoothie blended with yogurt or whey protein

SOURCE: WWW.NAVYFITNESS.ORG

FUELING SERIES

STRENGTH SERIES | ENDURANCE SERIES | SANDBAG TRAINING SERIES

The biggest barriers to great nutrition are poor planning and poor implementation. The nutrition blueprint and meal builder make it easy to build meals and snacks that will keep you fueled and help you reach your goals. This tool will help you stay organized and create an environment for success. Always remember the 80/20 rule as you look to sustainably upgrade your nutrition. Choose high octane fuel 80% of the time and lower octane fuel that you really enjoy 20% of the time.

BUILD YOUR MEAL IN 4 SIMPLE STEPS

STEP 1

IDENTIFY YOUR GOAL

- I will lose weight
- I will maintain weight
- I will gain weight

STEP 2

FIND YOUR FUEL ZONE

- Find your gender and weight in the tables below and map across to find your Fuel Zone

STEP 3

LOCATE YOUR NUTRITION BLUEPRINT

- Using your Fuel Zone, locate your Nutritional Blueprint. This will guide you to building meals and snacks that are right for you.

STEP 4

BUILD YOUR MEALS & SNACKS

- Go to the Meal Builder Food List
- With your Nutritional Blueprint, use the Meal Builder Food List to build your meals and snacks

SET YOUR GOAL, FIND YOUR FUEL ZONE

I WILL FUEL TO...

STEP 1

STEP 2

	LOSE WEIGHT		MAINTAIN WEIGHT		GAIN WEIGHT	
	CURRENT WEIGHT	FUEL ZONE	CURRENT WEIGHT	FUEL ZONE	CURRENT WEIGHT	FUEL ZONE
FEMALE	100 - 125	1400 - 1600	Under 105	2000 - 2200	100 - 110	2800 - 3000
	125 - 150	1600 - 1800	105 - 130	2200 - 2400	110 - 140	3000 - 3200
	150 - 180	1800 - 2000	130 - 160	2400 - 2600	140 - 165	3200 - 3400
	180 - 205	2000 - 2200	160 - 185	2600 - 2800	165 - 195	3400 - 3600
	205 - 235	2200 - 2400	185 - 210	2800 - 3000	195 - 220	3600 - 3800
	235 - 260	2400 - 2600				
MALE	Under 140	1800 - 2000	Under 140	2600 - 2800	Under 140	3400 - 3600
	140 - 155	2000 - 2200	140 - 160	2800 - 3000	145 - 165	3600 - 3800
	155 - 175	2200 - 2400	160 - 180	3000 - 3200	165 - 185	3800 - 4000
	175 - 190	2400 - 2600	180 - 195	3200 - 3400	185 - 205	4000 - 4200
	190 - 210	2600 - 2800	195 - 215	3400 - 3600	205 - 220	4200 - 4400
	210 - 230	2800 - 3000	215 - 235	3600 - 3800	220 - 240	4400 - 4600
	230 - 250	3000 - 3200	235 - 255	3800 - 4000		
	250 - 265	3200 - 3400	255 - 275	4000 - 4200		
	265 - 285	3400 - 3600				
	285 - 305	3600 - 3800				

SOURCE: WWW.NAVYFITNESS.ORG

STEP 3

Locate Your Nutrition Blueprint - Strength, Endurance, Sandbag Series

Using the Fuel Zone you identified in Steps 1 & 2, locate your personal Nutritional Blueprint to fit your caloric needs. Your blueprint has six columns across the top that represent meal times, or "fueling times". The food groups are represented along the left hand side, and the numbers located within the zone are the recommended number of servings from each food group at each fueling time.

1400 - 1600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1	1 to 2	1	1 to 2	
Proteins	1		1		1	1
Fruits	0 to 1	1	1	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	0 to 1
Calorie Range	350 - 400	175-200	280 - 320	175 - 200	280 - 320	140 - 160
*Meal Replacement Shake or Bar		1		1+ fruit		1

1600 - 1800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1 to 2	2	1 to 2	2	
Proteins	1		1		1	1
Fruits	1	1	1	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	400 - 450	200 - 225	320 - 360	200 - 225	320 - 360	160 - 180
*Meal Replacement Shake or Bar		1		1+ fruit		1

1800 - 2000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2 to 3	1 to 2	2	1 to 2	2	
Proteins	1	0 to1	1	0 to 1	1	1
Fruits	1 to 2	1	1 to 2	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	450 - 500	225 - 250	360 - 400	225 - 250	360 - 400	180 - 200
*Meal Replacement Shake or Bar		1+ fruit		1+ 2 fruit		1

2000 - 2200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	2	2	2	0 to 1
Proteins	1	0 to 1	1	0 to 1	1	1
Fruits	2	1	2	1	2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	500 - 550	250 - 275	400 - 440	250 - 275	400 - 440	200 - 220
*Meal Replacement Shake or Bar		1+ fruit		1+ 2 fruit		1+ fruit

2200 - 2400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	2 to 3	2	2 to 3	1
Proteins	1 to 2	1	1	1	1	1
Fruits	2	1	2	1	2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	550 - 600	275 - 300	440 - 480	275 - 300	400 - 440	200 - 220
*Meal Replacement Shake or Bar		1+ fruit		1+2 fruit		1+ fruit

2400 - 2600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	1	1
Fruits	2	1	2	1	1 to 2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1 to 2	1	1 to 2	1	1
Calorie Range	600 - 650	300 - 325	480 - 520	300 - 325	480 - 520	240 - 260
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

2600 - 2800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	1 to 2	1
Fruits	2	1	2	1	2	1 to 2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1 to 2	1 to 2	1 to 2	1 to 2	1	1
Calorie Range	650 - 700	325 - 350	520 - 560	325 - 350	520 - 560	260 - 280
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

2800 - 3000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	2	1
Fruits	2 to 3	1	2	1	1 to 2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	1	1
Calorie Range	700 - 750	350 - 375	560 - 600	350 - 375	560 - 600	280 - 300
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

SOURCE: WWW.NAVYFITNESS.ORG

3000 - 3200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1 to 2
Proteins	2	1	1 to 2	1	2	1
Fruits	3	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	1 to 2	1
Calorie Range	750 - 800	375 - 400	600 - 640	375 - 400	600 - 640	300 - 320
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

3200 - 3400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3 to 4	2	3	2	3	2
Proteins	2	1	2	1	2	1
Fruits	3	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	2	1
Calorie Range	800 - 850	400 - 425	640 - 680	400 - 425	640 - 680	320 - 340
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +1 fat		1+2 fruit +1 fat

3400 - 3600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	2 to 3	3	2 to 3	3 to 4	2
Proteins	2	1	2	1	2	1
Fruits	3 to 4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2 to 3	1 to 2	2	1 to 2
Calorie Range	850 - 900	425 - 450	680 - 720	425 - 450	680 - 720	340 - 360
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

3600 - 3800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	2 to 3	3 to 4	2 to 3	4	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2 to 3	1 to 2	3	1 to 2	2	1
Calorie Range	900 - 950	450 - 475	720 - 760	450 - 475	720 - 760	360 - 380
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

3800 - 4000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	4 to 5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	1 to 2	3	1 to 2	2	1 to 2
Calorie Range	950 - 1000	475 - 500	760 - 800	475 - 500	760 - 800	380 - 400
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

4000 - 4200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	4 to 5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2	3	2	2	1 to 2
Calorie Range	1000 - 1050	500 - 525	800 - 840	500 - 525	800 - 840	400 - 420
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

4200 - 4400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2 to 3	3	2 to 3	2	1 to 2
Calorie Range	1050 - 1100	525 - 550	840 - 880	525 - 550	840 - 880	420 - 440
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

4400 - 4600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4 to 5	3	5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2 to 3	3	2 to 3	2	1 to 2
Calorie Range	1100 - 1150	550 - 575	880 - 920	550 - 575	880 - 920	440 - 460
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

COACH TIPS

Remember, the biggest barriers to great nutrition are poor planning and poor implementation. Stay organized and do what you can to create an environment for success. To get you started, make a copy of your Nutrition Blueprint and put it somewhere you'll have easy access to when making fueling decisions, like in your wallet or on your fridge.

*When choosing meal replacements:

1. Make sure it fits within your calorie recommendations
2. Should have at least 3g of fiber
3. Should have 10 - 30g of protein for women
4. Should have 15 - 42g of protein for men

SOURCE: WWW.NAVYFITNESS.ORG

FUELING SERIES

STRENGTH SERIES | ENDURANCE SERIES | SANDBAG TRAINING SERIES

STEP 4

Build Your Meals & Snacks

Using your Nutritional Blueprint, follow the directions below to start filling your day with meals and snacks designed to help you with your goals.

Map Your Blueprint

The food list below has foods from each of the categories found in your Nutrition Blueprint.

Size Up Your Servings

The number to the left of each food item equals one serving (eg. 1 slice of whole wheat bread = 1 grain serving).

Mix It Up

Each serving may be used interchangeably. For example, if you tire of whole wheat toast at breakfast you can replace it with any of the foods listed in the grain column. If you have more than one serving suggested, you can double up on the same food (eg. 2 slices of whole wheat toast) or mix and match (eg. 1 slice of whole wheat toast and 3/4c Multi grain Cheerios). You are limited only by your creativity!

You are now prepared to build customized meals and snacks to help you meet your goals. These meals and snacks will provide you with sustainable fuel throughout the day as well as the energy you need for your workouts. Remember, to maximize your energy and reach your body composition goals, think about both quality and quantity of your food choices.

GRAINS/STARCHES:

Pasta/Rice
- ½c Brown Rice (cooked)
- ½c Whole Wheat Cous Cous (cooked)
- ½c Whole Wheat Pasta (cooked)
- ¼c Risotto, Quinoa (cooked)

Breads/Tortillas/Rolls
- 1slice Bread (100% Whole Wheat)
- ½ Pita Bread (6" diameter each)
- ¼ Whole Wheat Bagel
- ½ English Muffin
- ½ Whole Wheat Hamburger/ Hot dog Bun
- ½ Sub Bread (6" each)
- 1 Whole Wheat Tortilla
- 2 Corn Tortillas
- 1sm. Whole Wheat Roll (1oz each)

Cold Cereals
- ½c All Bran Cereal
- ¾c Cheerios Cereal
- ¾c Cheerios MultiGrain Cereal
- ½c Cracklin Oat Bran Cereal
- ½c Frosted Mini Wheats Cereal
- ½c Grape Nuts Cereal
- ½c Kashi Go Lean Cereal
- ½c Kashi Go Lean Crunch Cereal
- ½c Kashi Go Lean Honey Almond Flax
- ½c Muesli Cereal
- ½c Raisin Bran Cereal
- ¾c Smart Start Cereal
- ¾c Special K Cereal
- ½c Whole Wheat Total Cereal

Hot Cereals
- ½c Cream of Wheat (cooked)
- 1 Instant Grits
- ½ Packet Kashi Instant Oatmeal
- ½ Packet Quaker Instant Oatmeal
- ½c Slow Cooked Oatmeal

Veggies, Beans, Potatoes
- ½c Soy Beans (cooked)
- ½c Split Peas(cooked)
- 1c Squash (winter, acorn, butternut)
- ½c Peas (cooked)
- ½sm Baked Potato
- ½c Beans: Black, Kidney, Pinto, Lima, Lentils (cooked/canned)
- ½c Corn (cooked)
- 1 Ear of corn
- ½c Sweet Potato (cooked)
- ½c Yam (cooked)
- ½c Mashed Potatoes

Snacks/Crackers/Granola Bars
- 1 Kashi Granola Bar
- 2 Graham Crackers
- 5 Whole Wheat Crackers (baked)
- 4 Whole Wheat Melba Toast
- 1 Nature Valley Granola Bar
- 8 Animal Crackers
- 3c Light Popcorn (popped)
- ¾c Pretzels
- 2 Rice Cakes (4" diameter each)
- 4 Reduced Fat Triscuits
- 1 Whole Grain Fig Newton

PROTEINS / DAIRY:

Fish/Seafood
- 3oz Fish
- 3oz Cod
- 3oz Flounder
- 3oz Haddock
- 3oz Halibut
- 3oz Salmon
- 3oz Shrimp
- 3oz Trout
- 3oz Tuna

Poultry
- 3oz Chicken (lunch meat)
- 3oz Chicken breast
- 3oz Ground turkey (cooked)
- 3oz Turkey (lunch meat)
- 3oz Turkey breast

Beef/Pork
- 3oz Beef (96% lean ground chuck)
- 1.5oz Beef jerky
- 3oz Beef tenderloin
- 3oz London broil
- 3oz Pork (grilled)
- 3oz Roast beef (lunch meat)

Dairy
- 8oz 1% or non-fat regular milk or chocolate milk
- ½c Non-fat or low fat cottage cheese
- ½c Non-fat frozen yogurt
- 1c Non-fat or low fat greek yogurt
- 8oz Reduced-fat soy milk
- 1 2% String cheese

Eggs
- ¼c Egg Substitute
- 4 Egg Whites
- 2 Eggs
- 2 Omega-3 Eggs

Legumes
- ½c Beans: Black, Kidney, Pinto, Lima, Lentils (cooked/canned)
- 8oz Calcium-fortified light soy milk
- 2T Hummus
- ½c Soy beans (cooked)
- ½c Split peas
- 1T Almond butter
- 1T Peanut butter (natural)
- 10-15 Raw nuts

MEAL REPLACEMENTS/PROTEIN POWDERS:
- 1-2 scoop Whey Protein*
- 1 Bar
- 1 Shake

*Make sure to choose protein powders that are certified safe and reliable. Check out www.nsfsport.com for a complete list.

Meal replacement considerations:
- Make sure it fits within your calorie recommendations
- Should have at least 3g of fiber
- Double check the protein level
  - Women need **10-30g**
  - Men need **15-42g**

VEGETABLES:

Green
- 1c Arugula
- ½c Asparagus (cooked)
- 1c Asparagus (raw)
- ½c Broccoli (cooked)
- 1c Broccoli (raw)
- 1c Brussel sprouts
- ½c Celery (cooked)
- 1c Celery (raw)
- 1c Collards (cooked)
- 1c Cucumber (raw)
- ½c Green beans (cooked)
- 1c Green beans (raw)
- 1c Green veggie salad
- 1c Kale (raw)
- 1c Lettuce (all)
- 1c Spinach (raw)

White
- ½c Cabbage (cooked)
- 1c Cabbage (raw)
- ½c Cauliflower (cooked)
- 1c Cauliflower (raw)
- ½c Onions (cooked)
- 1c Onions (raw)
- ½c Water chestnuts (cooked)
- 1c Water chestnuts (raw)

Red
- ½c Tomato, beets
- ½c Salsa, tomato sauce

Orange
- ½c Carrots (cooked)
- 1c Carrots (raw)

Mixed Colors
- ½c Peppers (cooked)
- 1c Peppers (raw)
- ½c Stir fry vegetables (cooked)
- 1c Stir fry vegetables (raw/frozen)
- 6oz Vegetable juice
- ½c Zucchini (cooked)
- 1c Zucchini (raw)

FRUITS:

Red
- 1sm. Apple
- ½c Applesauce (unsweetened)
- 12 Cherries
- 1c Raspberries
- 1¼c Strawberries (whole)
- ¼c Watermelon (cubed)
- ½m. Grapefruit

Orange
- 1c Cantaloupe (cubed)
- 1m. Orange, nectarine or peach
- 1lg. Tangerine

Yellow
- ½lg. Banana(s)
- ½c Pineapple chunks (in own juice)

Blue/Purple
- 1c Blackberries or boysenberries
- ¾c Blueberries
- 14 Grapes
- 2sm. Plums
- 3 Prunes (dried plums)
- 2T Raisins

Green
- 1c Honeydew melon (cubed)
- 1sm. Kiwi fruit
- 1sm. Pear

Mixed Colors
- 2T Dried fruit
- ½c Fresh fruit salad
- ½c Fruit cocktail (own juice)
- 6oz Fruit juice (100% juice)
- 1c Mixed berries (fresh/frozen)

FATS (CHOOSE OFTEN):
- 1T Nut butters: Almond, peanut, etc...
- 10-15 Nuts: Almonds, walnuts, pecans
- ¼ Avocado
- 12lg. Black or green olives
- 1.5t Plant oils: olive, canola, flax
- 2T Flax seeds
- 2T Hummus
- 2T Seeds: Pumpkin, sesame, sunflower
- 3T Guacamole
- 2t Smart Balance, Benecol

FATS (CHOOSE LESS OFTEN):
- 2t Butter (stick)
- 1oz Cheese
- 1slice Cheese
- 2T Cream cheese
- 4T Half & Half
- 2t Mayonnaise
- 3T Reduced-fat cream cheese
- 4T Reduced-fat sour cream
- 2T Sour cream
- 1 2% String cheese
- 2 Turkey bacon slice
- 1 Turkey sausage link
- 1T Commercial salad dressings

1t = 1 Teaspoon	sm. = Small
1T = 1 Tablespoon	med. = Medium
1c = 1 Cup	lg. = Large
1oz = 1 Ounce	

SOURCE: WWW.NAVYFITNESS.ORG