

STAY FIT!

JANUARY 2016

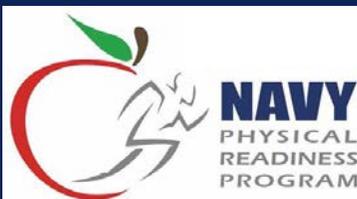
5 TIPS TO EAT BETTER IN 2016:

1. Don't skip meals.
2. Have three meals daily and healthy snacks if you have > 4 hour gap between meals.
3. Focus on quality, not quantity.
4. Watch those liquid calories!
5. Beware of emotional eating. Click [here](#) to learn more about eating better in 2016.

7 Energy Boosters for the New Year:

1. Ditch the added sugar!
2. Eat more fruits and veggies!
3. Get enough Protein.
4. Move More!
5. Drink more water!
6. Choose the Right Company.
7. Hike your Calorie Burn. Click [here](#) to learn more about 7 Energy Boosters.

BUILDING A CULTURE OF FITNESS



[Email us your motivating PT photos to be highlighted in our next Stay Fit Newsletter!](#)

Command Fitness Leader (CFL) Instructor, Samantha Persinger, posing with motivated Sailors after a recent CFL Course at NWS Earle, NJ.

PRIMS UPDATE FOR CYCLE 1, 2016

The PRIMS application is currently being programmed to allow for the new PFA changes; therefore, Cycle 1, 2016 will not be released until the programming is completed. OPNAV N170 recommends that all commands (if possible) delay conducting their official PFA for Cycle 1, 2016 until after 1 April 2016. If any command conducts the Cycle 1, 2016 PFA prior to the programming release, CFLs should ensure all score sheets are maintained as required by the instruction and held for input into PRIMS when Cycle 1, 2016 is released. We are currently anticipating a programming release sometime in March that will allow CFLs to input data. We will post all updates on the PRIMS programming release here and on the PRIMS Administrator Message Screen. Additionally, the new PARFQ has been posted under the Help link in PRIMS for anyone who needs to complete a hard copy PARFQ for Cycle 1 2016. Please remember that these will have to be input into PRIMS once Cycle 1 2016 has been released.

Check out the new official Navy BCA score sheet. Click [here](#)

Check the new official Navy PRT score sheet [here](#)

Check out the new 6110-3 PARFQ here

Workout of the Month: The PT PYRAMID

BY STEW SMITH, CSCS & FORMER NAVY SEAL,
Dynamic Warm-up Level I (5 minutes)

Go Up the Pyramid: (or half pyramid workout). Click [here](#) for more information.

Set/Step 1: 1 pull-ups/2 pushups/3 sit-ups

Set/Step 2: 2 pull-ups/4 pushups/6 sit-ups: etc., until you reach Set/Step 6

Go Down the Pyramid: (or reverse order pyramid) 5-1

Cardio Cool down (10 minutes)

Navy "12" Stretching exercises (5 minutes)

Go to [Sample Workouts](#) on our website for more information