

STAY FIT!

NOVEMBER 2014

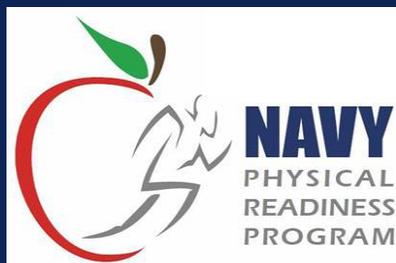
ABDOMINAL MUSCLES

Think of your core as a strong column that links the upper body and lower body together. Having a solid core creates a foundation for all activities. All human movements are powered by the torso – the abdominals and back work together to support the spine when we sit, stand, bend over, pick things up, exercise and more.

NUTRITIONAL GUIDANCE

Want to boost your mental health? New research found that high and low mental well-being was consistently associated with an individual's fruit and vegetable consumption. 33.5% of respondents with high mental well-being ate five or more portions of fruit and vegetables a day, compared with only 6.8% who ate less than one portion.

BUILDING A CULTURE OF FITNESS



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

Prospective CPO's from COMPACFLT CPO 365 gather for a photo after their morning workout. Hooyah! Stay Fit!

Workout of the Month: "Whittet"

Visit the [Sample Workouts](#) on our website for more information

Dynamic Warm-up 10 minutes

Or add it to your current workout

Abs - 5 Basic Exercises

1. Spiderman Plank Crunch
2. Cable Rotation
3. Bicycle Crunch
4. Cross Crunch
5. Stability-Ball Rollout

Cool-down

12 Navy Recommended stretches

ABOUT THE WORKOUT: MCPON John "Jack" Whittet served from April 1971 to September 1975. Whittet served as MCPON during a tumultuous time in the Navy's history. The CNO, ADM Elmo Zumwalt, was enacting radical changes to long-standing Navy policies and traditions. It fell to MCPON Whittet to solicit input and feedback from the enlisted force regarding these changes. One of his greatest challenges was persuading the senior enlisted leadership to adapt to what they perceived as a relaxation of military order and discipline. Whittet's tenure saw many modernizations to policy that are still in place today, such as the first posting of women to ships, the institution of random urinalysis for drug testing and race sensitivity training to decrease racial tension within the enlisted ranks. Following his assignment as MCPON, Whittet would become one of the first members of the new Master at Arms rating. MCPON Whittet was awarded the Distinguished Service Medal upon his retirement in 1976.