



Command Fitness Leaders Tackle Navy's Culture of Wellness

The Navy continued on course toward a wellness-oriented culture with the new Physical Readiness Program, as more than 70 Command Fitness Leaders, or CFLs arrived aboard Naval Support Activity Mid-South in Dec. for the CFL course.

The PFA consists of the Body Composition Assessment (BCA) and the Physical Readiness Test (PRT). The Comprehensive Fitness Program is divided into three phases covering 24 weeks. The foundation of the program is based on developing sound cardiovascular and strength training techniques.



As of July 2006 the Navy will require mandatory Administrative Separation, or ADSEP, processing for any Sailor who has failed the PFA three or more times in a four-year period and failed the Spring 2006 PFA or a subsequent PFA. Navy Personnel Command experts say changes to the instruction were necessary to create a "Culture Of Wellness" - the key to mission readiness and operational effectiveness.

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