From: COMNAVSURFOR SAN DIEGO CA [mailto:postmaster@oix.navy.mil]

Sent: Tuesday, February 02, 2016 3:29 PM

To: Rodraungsri, Kevin ; COMDESRON TWO EIGHT; ALNAV; USS WAYNE E MEYER; USS WAYNE E MEYER; USS OSCAR AUSTIN; USS JAMES E WILLIAMS; Olague, Sarahi IT1 COMLCSRON ONE, LCS6 CREW 212; EVRT\_ATGPNW\_MSG\_TRAFFIC; Current Month Messages; CDS28\_NRFK\_ALL\_HANDS; MSGS; ALL CNSL COMMAND EMAIL; COMCARSTRKGRU NINE; USS BUNKER HILL; USS SAN JACINTO; USS SAN JACINTO; USS CHOSIN; USS CHOSIN; USS CAPE ST GEORGE; COMPHIBRON ONE; COMPHIBRON ELEVEN; SPECIAL INTEREST; COMCARSTRKGRU NINE; COMFIFTHFLT; DESRON 23 GW PUBLIC FOLDER; COMDESRON TWO ONE; COMCARSTRKGRU EIGHT; USS RONALD REAGAN; COMDESRON FIFTEEN; USS WILLIAM P LAWRENCE; PRECOMUNIT JOHN FINN; PRECOMUNIT RALPH JOHNSON; PRECOMUNIT RAFAEL PERALTA; USS STOUT; USS COLE; USS ROOSEVELT; COMDESRON SIX ZERO; COMSIXTHFLT; COMEXSTRIKGRU SEVEN; N1; ALL MESSAGES; COMCMRON SEVEN; AFLOATRAGRUWESTPAC YOKOSUKA JA; COMDESRON FIFTEEN; COMSIXTHFLT; LCS CREW ONE ZERO THREE; LCS CREW ONE ZERO EIGHT; JACKSON AMCROSS; USS AMERICA; USS AMERICA; FLTSURGTEAM SIX; USS ESSEX; Message Traffic; COMPHIBRON FOUR; USS BONHOMME RICHARD; USS SAN ANTONIO; USS ARLINGTON; USS SOMERSET; COMCMDIV THREE ONE; COMPHIBRON FIVE; PRECOMUNIT JOHN P MURTHA; PRECOMUNIT JOHN P MURTHA; USS ASHLAND; COMDESRON SEVEN; ESSEX BlackBerry FWD; USS CHAMPION; USS DEVASTATOR; USS PIONEER; COMFIFTHFLT; COMDESRON FIVE ZERO; COMCMRON FIVE; COMLCSRON CREW108 MSGTRF; CTG1 N0; CNSP MESSAGE TRAFFIC NREMS; CNSS14\_MYPT\_DMS\_MESSAGES; Turner, Travis M LT LCS Crew 103, Navigator; Wies, Timothy L LT CDS 22; TACRON22\_MESSAGES; VTC-12 Message Traffic; Tacron11MsgTraffic; TACRON TWO ONE; SMWDC\_MSG; CDS1\_MessageTraffic; CCSG15; Radio, Radio ATG ATLANTIC, N6; ATGMP MSG DISTRO; PRLH AMHS SYSTEM ACCOUNT; PCRON MSG TRAFFIC; Hogue, Paul H CAPT CDS23, N00; NREMS Message Traffic; CSG-4 MSG TFC; Desmond, Michael P CDR, CO LCS CREW 103; Message Traffic (ATGM)

Cc: COMNAVREGKOREA SEOUL KOR; SPAWAR.MSG.SPAWAR; SPAWAR.MSG.PEOC4I; N1 CDO; NWDC Message Traffic; MESSAGE.CENTER.SD.SPAWAR SPAWAR SSC PAC, 83420

Subject: R 022001Z FEB 16 COMNAVSURFOR SAN DIEGO CA WARFIGHTING SERIAL TEN - INDIVIDUAL READINESS//

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SUBJ/WARFIGHTING SERIAL TEN - INDIVIDUAL READINESS//

REF/A/MSGID:NAVADMIN 178/CNO WASHINGTON DC/031159ZAUG2015//

AMPN/REF A IS PHYSICAL READINESS PROGRAM POLICY CHANGES.//

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GENTEXT/REMARKS/

**1. Warfighting first is our number one priority**. Warfighting serials to date have focused on the importance of procedural compliance, material management, safety and maintaining our warfighting edge. This serial will focus on another critical enabler to warfighting -- our people: ensuring they are healthy, fit and rested. By doing so, they will be more productive and effective during training and in combat.

**2. Exercise.** The goal of the navy fitness program is to create fitness for life for navy personnel using exercise and other strategies. Irregular or no exercise may not show full effects for months, but very quickly makes us prone to injury and reduces our mental capacity. A sedentary lifestyle leads to heart disease, diabetes, high blood pressure, osteoporosis, fatigue and can contribute to depression. Regular exercise is a critical part of overcoming and preventing these problems while also improving mental

health. It boosts brain function, decreases stress and helps maintain healthy weight. As part of the 21st century sailor and marine initiative, the Navy Operational Fitness and Fueling System (NOFFS) provides exceptional physical fitness and nutrition information for sailors and can help to maintain peak physical readiness. NOFFS improves sailor resiliency and durability, and its training programs should be part of your command fitness programs.

**3. Nutrition.** Nutrition is an equal partner in your health regimen, and the navy's fitness program. In a matter of weeks, poor nutrition begins to weaken even the strongest individuals. It can cause an increase in body weight, a decrease in energy levels and can lead to serious medical conditions, which will affect operational readiness. Common poor nutritional decisions include choosing fast food, skipping meals and empty calorie intake. Lack of energy, poor sleep and shifting schedules can further lead to over-use of energy drinks and supplements which, ironically can immediately reduce the body's ability to respond to emergencies. Combining good nutrition with exercise and sleep reduces the risk of chronic diseases such as diabetes, cardiovascular disease, hypertension, obesity and some cancers. Per ref A, planned changes to the navy physical readiness program also include developing a Navy-wide registered dietician plan, enhancing shipshape menus and establishing go for green healthy eating ashore and at sea.

**4. Sleep.** Sleep is the critical third part of the triad that leads to peak personal readiness to train and fight. Recognizing the unique rigors and irregular hours that our mission often demands, we can do more to safeguard this necessary component of individual readiness. Fatigue has measureable negative effects on readiness, effectiveness and safety. After a day without sleep, human performance drops to dangerously ineffective levels. Additionally, sleep deprivation -- short rest periods (less than 6-7 hours), rotating rest and work hours, and frequent interruptions (calls, alarms and announcements) -- all yield the same results in just a few days. The detrimental impacts to our sailors include longer training time, procedural errors, degraded decision making and potentially mission failure. Adequate sleep not only sharpens performance and increases crew endurance, but also reduces stress, improves productivity and boosts morale. It directly and measurably increases mission effectiveness and combat readiness. Best practices you may want to consider to tackle crew fatigue include:

1. Protect sleep. Prioritize major periods of rest for individuals and the crew. Supervisors and command leadership must minimize routine notifications that would interrupt their own sleep.
2. Employ a circadian watch schedule. A 24-hour schedule with fixed watches can dramatically improve crew endurance and watchteam performance.
3. Operations management. To make it all work, align ship daily routines with the watch schedule.

**5. For questions on physical fitness and nutrition**, contact the POCs in this message or ref A. For additional information and tools for improving crew endurance and performance through sleep, visit the Naval Postgraduate School web site: [http://my.nps.edu/web/crewendurance](http://my.nps.edu/WEB/CREWENDURANCE). If you are interested in having your proposed watchbill evaluated by NPS for effectiveness, contact Dr. Nita Shattuck directly at nlshattu@nps.edu.

**6. Bottom line**: Exercise, nutrition and sleep build resilience and enhance our capacity to make good decisions, solve problems and perform under pressure. In other words, they improve warfighting at all levels of the force.

VADM ROWDEN SENDS.//

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