# SECNAV recognizes CFAY energy, water management

**From NAVFAC Far East Public Affairs**

Commander, Fleet Activities Yokosuka's (CFAY) energy and water program efforts have resulted in the command's selection by the Secretary of the Navy (SECNAV) for a gold level of achievement in the 2012 SECNAV Energy and Water Management Awards.

An Aug. 29 naval message from Acting Secretary of the Navy, the Honorable Robert O. Work, recognized the overall winners of the award, as well of those commands which achieved platinum, gold or blue levels of achievement. CFAY was recognized at the gold level, which denotes an outstanding energy program .

"Energy and water resources are limited, and growing ever more expensive," explained CFAY Energy Manager Tom Bawden. "Therefore, energy and water management are important to CFAY, so that we can minimize energy and water waste, and more efficiently use these resources while not [negatively] impacting the mission."

**NAVFAC Far East Military Liaison, Mel Anderson checks the thermostat in Bldg. F-60 to ensure it is set to 26 degrees Celsius to comply with Navy policy. Efforts such as these are just one example of the many ways the CFAY community is saving energy.**
**U.S. Navy photo by Ron Inman**

"Energy conservation should simply be common sense for everyone in these times of tight budgets," Bawden said. "It's a matter of everyone in the CFAY community being mindful not to waste energy and water, while at the same time, the Energy Team also works to find ways to most efficiently utilize the energy and water that we do need to consume at CFAY – namely, through our energy and water-saving projects."

"Energy and water management are critical to the accomplishment of the Navy's mission," the SECNAV's message reads. "Energy specifically is one of my top priorities, and your performance has significantly advanced progress toward achievement of our goals.

"Your excellence in energy and water efficiency efforts are an example for all other commands to follow. We must all continue to be good stewards of our resources and treat them as the strategic asset they increasingly are. In the process, we will reduce consumption, waste less, and free up funding to better support our warfighters."

# Proper Nutrition critical for successful PRT

**By MC2 Josh Curtis,**
**USNH Yokosuka Public Affairs**

As a United States Sailor one can count on certain events to happen each year as Summer fades away to Autumn, the addition of new chief petty officers to the mess, the celebration of the Navy's birthday and of course the physical readiness test (PRT).

Many commands around the world, will be holding its Fall PRT in the coming weeks. Most Sailors know that regular exercise is a key competent to performing well during the PRT, but it's not just how a Sailor works their body out that determines how well they will perform during the PRT but what they put in it as well.

"I see nutrition as one of the most critical components for preparing for the PRT," said USNH Yokosuka's Command Fitness Leader LT. Franklin Muhammad. "Take your car for example. There are three types of gas you can fill it up with. You have 87 unleaded, midgrade or premium. Each makes your car perform differently. The fuel you put in your body, in this case food, plays a factor in your physical performance," he said.

So, what kind of foods should Sailors be filling up with to help maximize their PRT scores?

"Carbohydrates are what are going to fuel your workouts." said LT. Melissa Amescua, USNH Yokosuka's nutritionist and dietitian. "Carbs come from foods like bread, pasta, cereal, rice and milk."

Not fueling up with the proper foods can lead to dehydration, lack of energy and poor muscle growth, said Amescua.

Carbing up is only a piece of the nutrition puzzle. A balanced diet plays a key role not only in a Sailor's physical performance but his health as well.

Eating healthy is a lifestyle, said Muhammad. It's something a person has to be aware of year around, he said.

Though that doesn't mean people can't indulge their sweet tooth every now and then.

"Sailors should try to follow the 80-20 rule," said Muhammad. "Meaning 80 percent of the time eat healthy, and 20 percent of the time go ahead and splurge a little."

"Be realistic about your diet," said Amescua." If you know you're going to have ice cream one day or go out to dinner every Saturday night that's OK. Just be aware of what you have been eating and what you will eat and also how active you have been," she said.

There are two methods people can practice to keep track of what they eat, said Amescua. The first is to plan your meals out. The second is to maintain a food diary or download a food journal app. That not only helps a person see if they are sticking to the 80-20 ratio, but also allows them to see if they are eating a wide assortment of food, she said.

**Sailors assigned to the Nimitz-class aircraft carrier *USS George Washington* (CVN 73) perform curl-ups while participating in the Navy-wide semi-annual physical readiness test (PRT).**
**U.S. Navy photo by MCSN Gregory A. Harden II**

"Make sure to vary your foods. You can eat too much of anything even carrots and fruits for example," Amescua said. "You are going to get different nutrients and nutrition from different foods, so if you aren't varying your diet you will not be as healthy."

Muhammad encourages people to eat clean. Choose foods that are the least processed, he said.

Amescua adds that eating 4-6 small meals throughout the day instead of 3 big meals will keep a person's blood sugar up and their energy level stable.

She also stressed that it's important to read food labels so people know not only understand what they are putting in their body but how much of certain things are going in as well.

"Only 25 to 35 percent of your total calorie needs need to be coming from fat," said Amescua. "Fiber intake should be about 3 to 4 grams per serving. You want 25 to 35 grams per day. The average person only gets about 11 or 12 grams a day. As for sugar, the lower the better," she said.

Muhammad has one last piece of advice for sailors who want to maximize their PRT scores.

"Very few professional athletes who are working to obtain a goal work out by themselves," he said. "I encourage everyone to work out with someone better than themselves."

Those interested in learning more about eating healthy or who want to drop a few pounds can head over to the Wellness Center located in the Fleet Recreation Center. They offer free body composition assessments as well as nutrition advice.

Also people can take advantage of Amescua's weight management class which gives people the tools to live a healthier life though proper nutrition. To find out when the next class is or to register head over to USNH's website or Facebook page.