CFAY command fitness leaders achieve certification

Story and photo by
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Command fitness leaders (CFL) assigned to afloat and ashore commands at Commander Fleet Activities Yokosuka (CFAY) attended a certification course to learn the basics of how to run a physical readiness program that assists Sailors more efficiently and effectively.

The five-day CFL course, facilitated by CFAY's Morale, Welfare, and Recreation (MWR) program, is designed to provide command-designated CFLs with the necessary tools to lead an effective and successful physical readiness program.

John Benningfield, CFAY's MWR athletic facilities manager and CFL course facilitator said the course includes classroom presentations on exercise, nutrition and the administrative duties of the CFL.

He said the presentations are focused on giving CFLs all the tools they will need when performing their duties.

"It gives them the knowledge and resources needed to run a successful physical readiness program, not just in the fitness and nutrition aspect, but also the administration side," said Benningfield.

In addition to these presentations, CFLs participated in physical training sessions, which enabled them to learn new and innovative exercises to implement when they return to their commands.

During the sessions, Sailors participated in circuit training and body composition assessments to determine their overall fitness levels.

"This course teaches our fitness leaders functional exercises and programs to get our Sailors in shape and keep them in shape," said Benningfield.

Throughout the course CFLs learned more on how to keep themselves fit and healthy and how to motivate their shipmates to do the same.

The training teaches CFLs exercises that can be used to improve cardio and provide strength conditioning, as well as stretching techniques.

"The varied number of exercises that we have learned during this course will help keep the FEP [Fitness Enhancement Program] and command PT sessions engaging and relevant for all involved," said Information Systems Technician 2nd Class Ashton Picek.

The course provided a lot of useful information and the participants are now better prepared to conduct physical training sessions and help their shipmates in meeting and exceeding their fitness goals.

"The CFL is the representative that everyone (on board CFAY) goes to for fitness advice, so, it is very important that we receive the proper training and have the correct information," said Picek.

Command fitness leaders (CFL) assigned to various afloat and ashore commands at Commander Fleet Activities Yokosuka participate in a physical training (PT) session as a part of their CFL certification course. The five-day course includes classroom presentations and PT sessions designed to provide the Sailors with the tools needed to implement an effective physical readiness program.

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The United States' National POW/MIA Recognition Day is observed across the nation on the third Friday of September each year. The day gives Americans the opportunity to remember those who were prisoners of war (POW) and those who are missing in action (MIA), as well as their families. The missing span from World War II, Korean War and the Vietnam War to the Cold War and onto Iraq and other conflicts.

All military installations fly the National League of Families' POW/MIA flag, which symbolizes the nation's remembrance of those who were imprisoned while serving in conflicts and those who remain missing. Even though the National POW/MIA Recognition Day is not a public holiday in the United States, it is still nationally observed.

The Recognition Day ceremony was seen by the teaching staff as an important part of the students' development into productive young adults of society.

"We live in a military community and we represent a country that we are incredibly proud of," said Emily Lee, acting principle of Nile C. Kinnick. "School is a reflection of its community, and if we are going to properly reflect our community, we are going to have to show the kids how to be respectful of what we feel is important and if we put what is important out to them, our kids, they grab on to that and they will be better citizens for it and better members of this community."

According to the Department of Defense, there are currently more than 600 people dedicated to the worldwide mission of accounting for the more than 83,000 missing service members from conflicts as far back as World War II.

Speaking on behalf of the Nile C. Kinnick NJROTC, the cadet commander expressed how important it was for them to participate in such an event.

"We as a unit realize that in many ways this is very important and it is really emotional for most," said Nile C. Kinnick High School Navy Jr. Reserve Officers' Training Corps (NJROTC) Cadet Commanding Officer, Ltjg. Timothy Kohatsu. "I personally really find it to be an honor to be a part of this occasion and it is something that I will hold close to my heart in memory."

For additional information on the Defense Department's mission to account for missing Americans, visit the Defense POW Missing Personnel Office (DPMO) website at http://www.dtic.mil/dpmo.