

*RFI Category and Number:
Military Services' Physical Fitness Test
RFI-8 iv*

*RFI Question:
Information on fitness programs for reintegrating medically waived service members, to include postpartum servicewomen.*

*RFI Response:
Currently, all medically waived Sailors, to include postpartum Sailors, can voluntarily enroll in their command's Fitness Enhancement Program once cleared for physical exercise by their medical provider. Also, Commanding Officers can mandate enrollment if they feel the member is out of physical readiness standards. This program is the same program designed to help Sailors who fail the Physical Fitness Assessment meet and/or exceed the minimum fitness standard.*

All Sailors regardless of medical status have access to nutrition counselling through their local military treatment facilities or by requesting at the command level Registered Dietitian support per NAVADMIN 160/18, Navy Dietitian Support to Operational Force that makes uniformed Dietitians available to support Operational Forces and commands worldwide. CNIC/MWR provides a variety of fitness classes for all personnel free of cost that Sailors are highly encouraged to take part in.

OPNAV N170B is currently evaluating the Army Postpartum Physical Training program and assessing the feasibility of developing a similar program for the Navy. There is no current timeline for completion of this program.

*POC or office responsible:
Physical Readiness Program (OPNAV N170B)*