

STAY FIT!

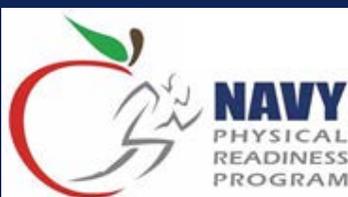
APRIL 2013

RATE OF PERCEIVED EXERTION

This is a Rate of Perceived Exertion (RPE) scale. It can help any fitness enthusiast determine the intensity level they are training at and assist with developing a workout. Click on the link above and go to the Physical Readiness Website to learn more.

RPE	
1	Very Light
2 to 3	Light
4 to 6	Moderate
7 to 8	Vigorous
9	Very Hard
10	Max Effort

BUILDING A CULTURE OF FITNESS



Email us your motivating PT Pictures to be highlighted in our next Stay Fit Newsletter!

78 RUNS 8

NORFOLK, Va. -- Crew and family members of the guided-missile destroyer [USS Porter \(DDG 78\)](#) assemble in front of the ship at Naval Station Norfolk, on Mar. 15, prior to Virginia Beach's Towne Bank Shamrock 8K race. Representing half the ship's 150-person crew, Porter Sailors and family members assembled for the nearly five-mile run wearing custom-made green "78 Runs 8" t-shirts. *(U.S. Navy photo by Information Systems Technician 3rd Class Nate Carroll, Released)*

ON THE WEB

Check out the proper way to conduct a Navy push up at <http://www.navy.mil/viewVideo.asp?id=18234>

Check out the proper way to perform a Navy curl-up at <http://www.navy.mil/viewVideo.asp?id=18233>

WORKOUT OF THE MONTH: "BRASHEAR"

Warm-up 5-10min

50 Push-ups, 50 Sit-ups, 1 mile run (Rest for 10 Minutes and repeat)

50 Push-ups, 50 Sit-ups, 1 mile run (Rest for 10 Minutes and repeat)

50 Push-ups, 50 Sit-ups, 1 mile run

Cool-down and Stretch

About the Workout: BMCM (MDV) Carl Brashear enlisted in the U.S. Navy February 25, 1948. He graduated from the U.S. Navy Diving & Salvage School in 1954, becoming the first African-American to attend and graduate from the Diving & Salvage School and the first African-American U.S. Navy Diver. To learn more about BMCM (MDV) Brashear click on "About the Workout".