

Performance Objective 10: Physical Fitness, Health and First Aid

Enabling Objectives:

1. **Healthy bodies the Young Marine way**
 2. **Keeping your Young Marines physically fit**
 3. **Eating for fitness and health**
 4. **Re-qualify in CPR to be eligible for MGySgt**
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This chapter deals with physical fitness and health. Throughout your time in the Young Marines you have performed physical fitness tests, been involved in Physical Training Competitions, and did things that required strength and stamina. As you get older, your body changes and your physical fitness activities will change as well. Let's have a look at this chapter and see what changes may be in store for you, as well as explore the areas of keeping your Young Marines fit and eating the proper foods.

REFERENCES

- Quick Series "Healthy Lifestyles"
- Quick Series "Performance Nutrition"
- Quick Series "Training Log"

E.O. 1 Healthy Bodies the Young Marine way

1. PT is part of every Young Marine meeting and part of every Young Marine activity such as encampments and schools. But it doesn't stop there. You need to exercise more than once a week and more than a weekend a few times a year. You don't have to be at a Young Marine function to perform PT. You can do this on your own in your home, in the park, or at the gym. The types of physical activities you do can be varied. Here are some examples.
 - a. School sports
 - b. Youth leagues such as volleyball, basketball, or baseball.
 - c. Work around the yard. Raking, shoveling, building and repairing are all good forms of physical activity.
 - d. Take walks or hikes.
 - e. Play with your dog if you have one.

Whatever you decide to do, do it vigorously. Getting your heart rate up is one key to a good workout. Some areas have gyms or YMCA's that you can join. They provide many sources for exercising. As a senior Young Marine, you should ensure that your unit performs PT on a weekly basis and at all encampments.

E.O. 2 Keeping your Young Marines physically fit

1. Your Young Marines rely on you for each and every activity. They also need to rely on you to look after their health. Here are ways you can do this.
 - a. Ensure that PT is part of every Young Marine meeting and encampment. The daily 16 is a good program for your Young Marines, but you should try to do other things when possible.
 - 1) Relay races
 - 2) A good hike
 - 3) Organized athletics such as baseball.
 - 4) Squad, platoon or unit competitions.
 - b. In addition to PT at Young Marine meetings and encampments, you should be encouraging your Young Marines to create a physical fitness program that they can do at home. Talk to them about school sports and keeping themselves active at home by helping around the house and performing some yard chores. Additionally, volunteering can be a good source of exercise if you do things like street clean-ups.
 - c. Make it fun... Don't make PT or athletic activities something they regret.

E.O. 3 Eating for Fitness and Health

1. Exercise is a must in order to stay in shape, but in order to exercise, you need fuel to burn. You get this fuel from the foods you eat. Eating the right foods will give you the necessary nutrients and vitamins required to keep you healthy and fit.

Fact: Generally speaking, a person can live without food for 60 days, but only ten days without water.
2. Water is your lifeblood. You should drink about 8 glasses of water each day. This makes everything in your body work better. Without water, organs in your body can shut down.
3. Your body requires some fat, therefore you should eat foods with fat in them, just don't over-do it. Your body uses fat for energy and to build cells. A layer of fat on your body protects your insides and helps to keep you warm. Some foods that contain fat in them are:
 - a. Meats
 - b. Nuts
 - c. Cheese
 - d. Cooking oils

These fats are broken down after you eat them. If your body doesn't use them all, they become stored fat. This is the fat that makes you overweight. This is why you should only consume the amount of fat you need for your body. Once you become overweight, it's hard to lose it.

4. Even though sugar (Fructose) provides you energy, excessive amounts can make you overweight. A little now and then is ok but don't over-do it. Salt is a necessary requirement for your body. You should watch how much salt you use. There is enough salt in most meals to provide the daily requirement you need.
5. 2 1/2 cups of vegetables per day and 2 cups of fruit per day. This may sound like a lot, but it really isn't. These fruits and vegetables do not have to be fresh either. You can eat frozen, or even dried fruits and vegetables. Try growing your own. Fruit also comes in cans, but there is a lot of sugar in these products.

Remember - Never eat anything without knowing what it is, and knowing if you may be allergic to it. Check with your parents if you have never eaten something before. They will know.

E.O. 4 Re-qualify in CPR to be eligible for MGySgt

You must be re-qualified in Cardio Pulmonary Resuscitation (CPR). The certificate of completion should be part of your Young Marine Record Book.

As a senior Young Marine, your area of responsibility has increased, and the number of Young Marines you are responsible for have also increased. As safety is our number one priority, it is required that you re-qualify in this area.

PERFORMANCE QUALIFICATION REVIEW

Performance Objective 10: Physical Fitness, Health and First Aid

E.O. No.	Enabling Objective Description and Performance Requirement	Authorized Evaluators Signature
1	Healthy bodies the Young Marine way	
a.	Ensures that PT is performed at every meeting and encampment	
b.	Performs some sort of physical training outside the Young Marine program	
c.	Plans, conducts, and scores physical fitness tests in their unit	
2	Keeping your Young Marines physically fit	
a.	Continually encourages Young Marines to stay fit	
b.	Sets up physical fitness training in the form of sport games and unit challenges	
c.	Participates in all physical fitness activities the unit does	
3	Eating for fitness and health	
a.	Knows how long a person can live without food and water	
b.	Knows how much water a person should drink every day	
c.	Explain the benefits of fat intake on the body	
d.	Can name four (4) foods that contain fat	
e.	Explain what happens with stored fat	
f.	Knows how many servings of fruits and vegetables should be consumed each day	
g.	Knows which organ in the body too much salt will affect	
4	Re-Qualify in CPR to be eligible for MGSgt	
a.	Young Marine Master Sergeants must be re-qualified in CPR and certification included in the Young Marines' record book.	