

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS 5720 Integrity Drive, Millington TN 38055 - OPNAV N170 – January 2014

If there is an error in PRIMS, what needs to be done to correct the error?

1. Per OPNAVINST 6110.1J, requests to correct PRIMS data must be submitted to OPNAV within 1-year of occurrence.
2. Requests for corrections to PRIMS must be made in the form of a Letter of Correction (LOC). When submitting an LOC, include ALL supporting documentation (i.e. handwritten BCA/PRT score sheets, orders, medical waiver, orders, etc...).

Note:

- If no documentation is attached with the LOC, this will only delay the request.
- If you submitted your request via email, there is no need to mail or fax correspondence.
- There is no need to forward Assistant Command Fitness Leader (ACFL) designation letters to OPNAV N170B. The CFL will grant ACFL access to PRIMS.

COMMON COMMAND MISTAKES

“Allowing members to conduct a “courtesy BCA” during the official command cycle.”

Courtesy BCAs are unauthorized once the official command cycle begins. Any BCA conducted during the official command cycle is considered an official BCA, even when the command staff states courtesy BCAs are allowed. Commanding Officers do not have the authority to override policy. The official command PFA cycle start date is identified in the 10-week notification. The 10-week notification shall include the end date of the command cycle.

- The first BCA conducted during the command PFA is the official BCA.

Best Practice

It's important to be at a healthy weight. Body Mass Index - or BMI - and waist size are two numbers that can help you decide if your weight is healthy, or if you need to make some changes.

(See next page for BMI and waist measurement procedures)

What does your BMI mean?

- **BMI of 19 to 24** means you are a healthy weight. Make it your goal to stay at that way.
- **BMI of 25 to 29** means you are overweight. Avoid gaining more weight. You may need to lose weight. Check with your doctor.
- **BMI of 30 or higher** means you are obese.

You probably need to lose weight. Lose weight slowly – about 1 to 2 pounds a week. Talk to your doctor about the best ways to lose weight.

Waist Measurement

Waist measurement is another way to see if you are at a healthy weight. Your waist measurement is a sign of how much fat you have around your waist. The more “belly” fat you have, the higher your risk for getting heart disease, Type 2 Diabetes (high blood sugar), or other illnesses.

Tip of the Month!

Cutting back on added sugars, especially from sweetened beverages such as regular soda and fruit punch, can help you and your family maintain a healthy weight.

Studies show that people who consume many foods and drinks with added sugar tend to consume more calories than people who consume fewer of these foods. They also show a link between weight gain and drinking sweetened beverages.

How to Measure Your Waist

- Place a tape measure around your bare belly, just above your hip bones.
- Be sure the tape is snug, but does not push in your skin.
- Be sure the tape is level all the way around you.
- Breathe out normally and measure your waist.

Write your waist measurement here: _____

What Does Your Waist Measurement Mean?

- **For men**, a waist measurement bigger than 40 inches means a higher risk for heart disease, type 2 diabetes (high blood sugar), or other illnesses.
- **For women**, a waist measurement bigger than 35 inches means a higher risk for heart disease, type 2 diabetes (high blood sugar), or other illnesses.

Body Mass Index (BMI) Table

Step 1:

Find your height in the left column



Step 2:

Follow the row across until you come to your weight

Step 3:

Your BMI is at the bottom of the column under your height

Height	Weight (in pounds)																
4' 10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4' 11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5' 0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5' 1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5' 2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5' 3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5' 4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5' 5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5' 6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5' 7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5' 8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5' 9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5' 10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5' 11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6' 0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6' 1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6' 2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6' 3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
6' 4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
	Healthy Weight						Overweight					Obese					

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WE CAN.

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