

## FACT SHEET

### Wellbeing and Family

### Enhance Base Gym Facilities

**With the implementation of the Navy Physical Conditioning Programs (PCP), RAN fitness facilities will procure additional fitness equipment**

### Benefits

- Navy Fitness Model comprises the RAN PFT and Physical Conditioning Programs (PCP), which aim to prepare and harden all Navy people for the unique functional requirements of the maritime environment
- New equipment for base gyms to facilitate PCP due to arrive over period Jul 22 - Dec 23
- Readyng PCP now operational at FBE, FBW and HMAS Cairns, Coonawarra, Cerberus and Albatross
- Ab-initio PCP has been developed and is being trailed over period Jan-Jul 23
- Navy Fitness App under development to allow all members access to program at any time. App delivery with trial use planned for Jul - Nov 23

### More Information

ANP4104 part 3 Ch 1 and 3

Base PT schedules provide a timetable of fitness classes delivered in location

Status: Work Underway  
Lead: Deputy Chief of Navy

#### TARGETING

All Navy

#### WHEN

from Jul 22

#### YOU GET

More capable and diverse gym equipment to better support the fitness of Navy People



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Submit your feedback and questions:  
[navy.retention@defence.gov.au](mailto:navy.retention@defence.gov.au)



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