

The Dispatch



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Total Force Fitness The Department of Defense's Holistic Approach to Fitness

The Department of Defense is approaching fitness in a holistic manner. In a recent Supplement to the Journal of Military Medicine (<http://www.amsus.org/images/stories/journal/Vol175No8S/TotalForceFitness.PDF>), Admiral Michael Mullen, Chairman of the Joint Chiefs of Staff, outlined how fitness

is to be comprised of family, organizational and environmental domains culminating in "Total Force Fitness". He stated, "Fitness is often used interchangeably with the term 'readiness.' Are you fit, are you ready? As I see it, readiness is all about being capable of being able to accomplish something you are called to do". The combination of these domains is a 'state of being', he added. From this state, individuals must be capable "to accomplish something they are called to do," not just pass a PRT test twice per year.

Within the Total Force Fitness paradigm, eight integral and interconnected components of each domain are identified

and include: social, behavioral, physical, environmental, medical, spiritual, nutritional and psychological fitness. Essentially, this holistic approach does not favor any one component over another; all are equally represented in the big picture of fitness and individuals are encouraged to 'condition' each component just as they would condition their cardiovascu-

The changing environment active-duty personnel live and work within ebbs and flows as much as the seas on which they sail; living quarters, nutrition and inclusion of daily physical activity can be altered due to duty and after a short period of time can affect their physical and mental health. This is not unlike many of the work environments

of the modern era. Most individuals are sedentary and limited with their movement throughout the day, contributing to unhealthy body postures and ultimately joint and muscle complaints. They have poor options for healthful nutrition and are generally limited on



lar system. Further, Admiral Mullen recognizes that in the real world, 'fitness is dynamic', and a changing environment needs individuals to be adapted to all of these fitness components in order to be prepared for duty, whether that is with their command or at home with their family.

time for social engagement with family and friends. By enhancing the fitness of each of the multiple facets of this paradigm, the DoD has the potential to truly achieve optimal fitness for their military personnel so they are fit and are ready.

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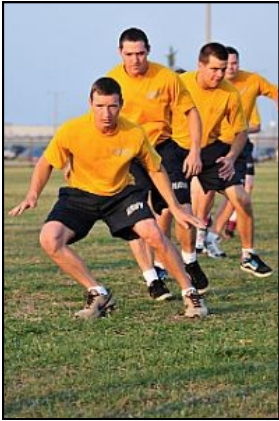
"Fitness is often used interchangeably with the term 'readiness'. Are you fit, are you ready? As I see it, readiness is all about being capable of being able to accomplish something you are called to do."

-Admiral Michael Mullen, Chairman, Joint Chiefs of Staff



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Total Force Fitness continued...



**'Are you fit,
are you ready?'**

In addition, Total Force Fitness can provide a model fitness paradigm that other organizations can adopt.

As the cost of employee healthcare coverage continues to rise, many worksites are initiating health parameter screenings and then charging employees additional monies to cover the cost of their elevated insurance. However, if employees are taking care of their health they will not have additional costs. Basically, employees that do not take steps to improve their health will be paying for having poor fitness. Indiana University is an example of an organization that has added this type of screening program. Currently, IU is requiring employees to complete a comprehensive

health screening (Cholesterol, Blood Pressure, Blood Glucose & Body Mass Index). Individuals not meeting health parameters or choose not to participate will pay more for healthcare coverage. Currently, the Navy is requiring Sailors to pass a PRT in order to maintain active-duty status. Does the PRT accurately assess a Sailors physical preparedness? This is a question the Navy has been investigating; perhaps they have found their answer with the inclusion of a paradigm such as Total Force Fitness.

Further recognizing that fitness is dynamic, Navy Fitness is finding ways of assessing a Sailors functional movement capacity. Functional Movement Screening (FMS) and

NOFFS help Sailors identify areas in which they may need improvement of common movement patterns. As a Sailors' primary movements include pushing, pulling, lifting and rotating it is important these patterns are assessed and trained for optimal performance. For more information on FMS, read Brady Singleton's article, [Improve Function, Improve Performance](#) (below). You may find additional information on Navy Fitness Programs at the Navy Fitness Facebook page: (<http://www.facebook.com/pages/Navy-Fitness/368681091650?ref=ts>) where information on programs such as NOFFS can be downloaded.

Improve Function, Improve Performance



"Although previously satisfied with my exercise regimen, the Functional Movement Screen identified tightness in my lower body. Brady then tailored my training, focusing on areas needed to improve my functional fitness."

Captain Derrick Clay
Regional Pharmacist
Navy Medicine West

Developing and maintaining appropriate strength and flexibility is necessary to perform activities and duties of everyday life. Traditional assessments used to measure these components of health and fitness is being challenged. For instance, is improving the ability to touch one's own toes with the legs extended an appropriate measure of low back and hamstring flexibility? The traditional sit-and-reach test as well as other industry standards may not be considering the integrated components of human movement. Are traditional fitness assessments a one-dimensional method of assessing and understanding fitness and performance? Testing flexibility from a seated, stationary position does not mimic how people move, nor is it indicative of the demands placed upon their joints throughout the day. A

solution to this problem is to address functional movement and individual muscle imbalances. For instance, observing movement patterns may be more telling of how people perform basic dynamic tasks. When inefficient or incorrect patterns develop several problems can occur: asymmetries, weakness, tightness, and pain. Identifying and correcting these issues is essential. Until recently, the Navy did not have a method to appropriately assess and evaluate dynamic movement patterns of Sailors.

Navy Fitness along with MWR launched the Functional Movement Screening (FMS) assessment, which consists of seven tests that are utilized to assess a Sailors functional movement capacity. Each test requires observation and scoring from a trained FMS administer and

assesses shoulder and hip stability and mobility, as well as hamstring mobility, trunk stability and any associated pain or discomfort. An FMS assessment will identify a Sailors muscle imbalances and joint limitations. Information from the FMS assessment will then assist a SHAPE Fitness Specialist with designing a corrective exercise program to improve any identified muscle imbalances and joint limitations. Additionally, a corrective exercise program design will assist the Sailor in "re-learning" correct movement patterns, thus reducing the likelihood of injury and improving quality of life.

Thanks Brady!
**Brady Singleton is a
SHAPE Fitness Specialist
in San Diego, CA**

Exercise of the Month: Corrective Exercises for Improving the Deep Squat Performance

Jackie Braspeninx Evaluating Deep Squat (above)—The Deep Squat is a challenging movement requiring optimal body weight, adequate dorsiflexion of the ankles, flexion of the knees and hips and extension of the thoracic spine (upper back). The test also requires dynamic control of the hips, pelvis, lumbar spine, and shoulder girdle. The Deep Squat is also a good assessment and strength building exercise for core stability.



Incorporating the following corrective stretches will help to improve your Deep Squat score as well as your command performance by increasing range-of-motion of the ankle and hip joint in addition to improving trunk alignment.

When performing the following exercises:

- Keep abdominals inward and upward
- Keep shoulder blades inward and downward



Standing Calf Stretch:

- Stand with feet in a split-stance position
- Toes of back foot should point forward
- Keep back heel on floor
- Lean forward from back ankle
- Do Not lock back knee while stretching

Adductor stretch with ankle Dorsiflexion:

- Sit with back lifted upright in neutral spine
- Place bottom of feet together
- Legs are externally rotated with knees pointing out
- Hinge forward from hips for inner thigh/ankle stretch



Nutrition Tip: Rise to the Challenge

The classic American lifestyle is to work harder, longer and with fewer breaks. Is military life so different? Maybe not in how much one works, but the type of work and certainly the duration will vary especially for those military men and women who deploy into harm's way. This demanding lifestyle has made an impact on health issues and particularly how we view food. Do we even take time to realize what we eat, or why?

Military Medicine addresses these challenges in their August 2010 edition titled Nutritional Fitness with a few surprising points. First, only 40-60% of Navy service members were able to correctly answer general questions dealing with fluids and hydration, general nutrition, and

nutritional supplements. Second, despite the DoD's efforts to provide balanced meals in dining facilities, the military survey revealed that military dining facilities are frequented only up to twice per week. Third, relatively few military personnel are eating a diet that meets the recommended dietary guidelines for fruit, vegetable, and grain consumption. Fourth, half of all service members reported consuming fast food three or more times per week.

A military lifestyle is undergoing constant readjustments from deployment to home life. These different phases of strain result in tremendous changes in calorie need, habits, and even available nutrients. Everyone will respond differently to these environ-

ments. No single diet plan will work for every individual, so how can the military tackle such a demand? According to the Nutritional Fitness component of the Total Force Fitness model, the military will increase access to foods of high dietary quality as well as promote the requisite knowledge of nutrition principles for military men and women to make healthy food choices. It still boils down to individual choices, but the more we know the more prepared we are to make not only good, but great choices.

Nutrition Goal of the Month: Increase the amount of fruits/vegetables/grains in your day!

“DO WE EVEN TAKE TIME TO REALIZE WHAT WE EAT, OR WHY?”

For nutrition questions contact
Chris Halagarda, RD at:
chris.halagarda@navy.mil
901-874-6703



Pearl Harbor , HI

Day	Time	Class	Location
Mon	1130-1215	Electric Cardio	PRT Room @ Bloch Arena
Tues	1130-1215	Strength	Aerobic Room @ Bloch Arena
	1600-1645	Wild Card	Makalapa Gym
Wed	0700-0745	NOFFS	Aerobic Room@ Bloch Arena
	1130-1215	Boot Camp	Ward Field @ Bloch Arena
Thurs	1130-1215	NOFFS	Aerobic Room @ Bloch Arena
	1400-1445	Boot Camp	Makalapa Gym
Friday	1130-1215	Cycle Fit	Aerobic Room at Bloch Arena

San Diego , CA

Day	Time	Class	Location
Mon	0600-0630	Strictly Strength	Call 619-556-7897
Tues	1230-1300	Muscle Hustle	for locations
Wed	0600-0630	Get on the Ball	of Group Ex. classes
Friday	0600-0630	Wild Card	in San Diego, CA



Norfolk , VA

Day	Time	Class	Location
Mon	0615-0700	Cycling	Call 757-443-6115
	1130-1230	Circuit Training	For locations
Tues	0615-0700	Core	of Group Exercise classes
	1130-1145	Core	in Norfolk, VA
	1145-1230	Cycling	
Wed	0615-0700	Cycling	
	1130-1230	Circuit Training	
Thurs	0615-0700	Core	
	1130-1145	Core	
	1145-1230	Cycling	

Coming Soon...Group PT once a week..

Group Exercise
Schedule

Pearl Harbor

Date	Event	Time	Location	Contact
10/02	Pearl Harbor Hickam Duathlon	0700	Hickam Harbor	(808) 448-2214
10/10	Vi's & Peg's Adventure Trail Trek	0800	Kalaeloa (Barber's Point NAS)	www.hurthawaii.com
10/10	Tantalus 10-miler Road Race	0630	Park by Hawaii Nature Center	www.mprcc.com/raceschedule (808)295-6777
10/16	HSL-37 Splash and Dash Biathlon	0700	Kaneohe MCBH	www.mcchawaii.com/cgfit.htm
10/20	FREE Fit Evaluation w/Emily Boll	1200-1400	RSVP Preferred	(808)206-1896
10/23	Kaawa Valley 5k College Races	1600	Kaawa Valley	www.hpucrosscountry@gmail.com
10/23	Peacock 54 HURT 50K Trail Series 8 of 8	0600	Peacock Flats, Kaena Point	www.hurthawaii.com (808) 478-2798
10/24	P.F. Chang's 30k Road Race	0500	Kapiolani park	www.mprcc.com/raceschedule (808)295-6777
10/24	Ko Olina Festival of Sports (Various Events)	TBA	Ko Olina Resorts	goproji@hawaii.rrcom
10/30	Gunstock Trails Half Marathon	0700	Laie	www.gunstockhalfmarathon.blogspot.com
10/30	Gunstock Trails 5k	0700	Laie	www.gunstockhalfmarathon.blogspot.com
10/30	General "Howlin' Mad" Smith 5K	0730	Kailua Beach Park	bandy1987@hotmail.com

San Diego

Check back in November for upcoming scheduled events.

Norfolk , VA

Date	Event	Location	Time
10/06	Pink Ribbon 5K	NMCP	TBA
10/7-9	2010 Wilderness Challenge	Info @ www.wildernesschallenge.net	TBA
10/15	Fleet Day 8K Trail Run	Cheatham Annex	TBA
10/20	Pumpkin Patch 5K	NAS Oceana	TBA
10/29	Monster Dash 5K	Naval Station Norfolk	TBA



Upcoming Events