



AMERICA'S ARMY:

Globally Responsive, Regionally Engaged

TRADOC-CIMT / H2F



HOLISTIC HEALTH AND FITNESS (H2F) IMPLEMENTATION

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H2F Director**



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70% of people between 17-24 are unqualified for military service.

17% of AC Soldiers and **25%** of Reserve/ National Guard Soldiers are obese.

55% of Active Component Soldiers sustain a musculoskeletal injury each year.

10 million limited duty days & **\$577** million in patient care.

53% or ~8 BCTs of Active Component non-deployable Soldiers are non-deployable due to medical reasons.

12% of Soldiers have sleep disorders & **5%** of AC Soldiers require prescription sleep aids.

Implement H2F to:

- Optimize Soldier personal readiness
- Optimize physical and non-physical performance
- Reduce injury rates, particularly over-use MSKI rates
- Rapidly rehabilitate and recondition Soldiers following injury
- Improve overall Soldier and unit morale and effectiveness



"I want to ensure every Soldier can play home and away games."

— GEN McConville 40th CSA— 13 APR 20



H2F Overview

H2F System

- Investment in Soldier personal readiness to improve health and fitness of the Total Army
- Enables Commanders to meet their vision and address the unique readiness needs of their units
- Changing the culture for the demands of close combat
- Improve Soldier & unit readiness by addressing the 5 domains of Physical and Non-Physical Readiness (sleep, nutrition, mental and spiritual readiness)
- Dedicated SMEs at BDE Level
- FM 7-22: Holistic Health and Fitness
- Facility Investment: Soldier Performance Readiness Centers (SPRCs)
- Equipment Investment: Deployable and garrison Medical Equipment Sets (MES); deployable equipment lockers; SPRC equipment sets; ACFT equipment

Implementation Strategy

<u>FY 21</u> 28 BDEs	<u>FY 22</u> 28 BDEs (+0)	<u>FY 23</u> 38 BDEs (+10)
<u>FY 24</u> 48 BDEs (+10)	<u>FY 25</u> 58 BDEs (+10)	<u>FY 26</u> 68 BDEs (+10)
<u>FY 27</u> 78 BDEs (+10)	<u>FY 28</u> 88 BDEs (+10)	<u>FY 29</u> 98 BDEs (+10)
	<u>FY 30</u> 110 BDEs (+12)	

End State: 110 H2F-resourced BDEs

H2F Personnel: 536 Military
767 DA Civilians
1964 Contractors

****Awaiting ABO re-programming guidance on implementation for FY24 and beyond****

Assessment Plan

- Measures of performance/ effectiveness at Soldier, unit, and Army level
- Data from existing Army databases & periodic surveys
- Medical, Performance, Administrative, and Program metrics
- Regular updates to enable Commanders to more frequently gauge unit readiness

Return on Investment

- **Benefit to Soldiers** – improved health, fitness, readiness, & access to care
- **Benefit to CDRs** – improved ability to meet unit-specific readiness needs
- **Benefit to Units** – improved readiness, morale, & effectiveness
- **Benefit to Army** – increased readiness & deployability, reduced attrition, & cost savings

H2F is an enterprise-wide system that combines all aspects of physical and non-physical human performance optimization under a single governance to enable commanders to improve Soldier health and fitness for combat.



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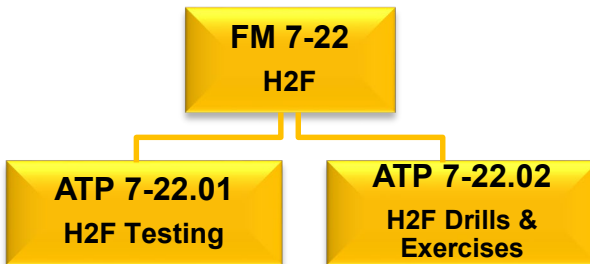
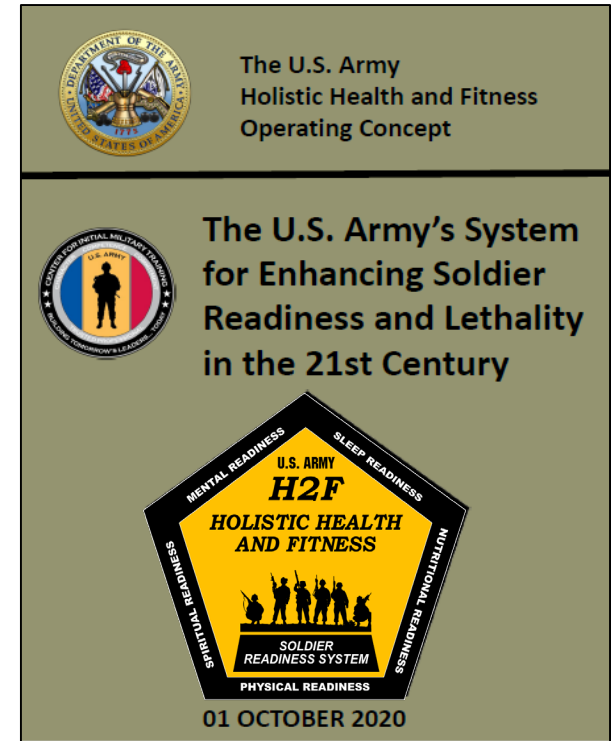
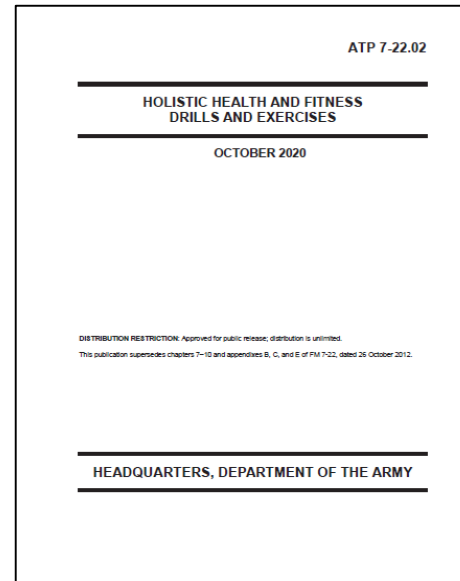
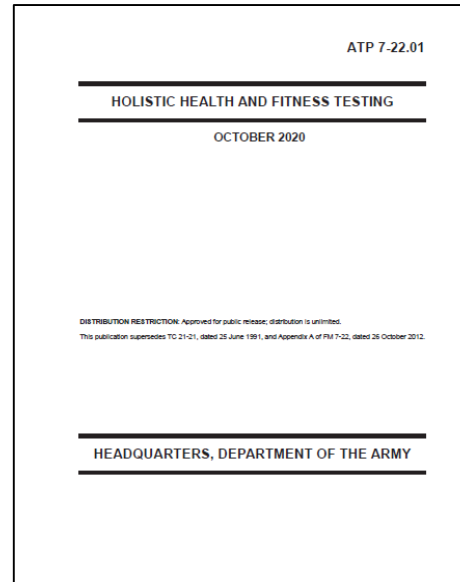
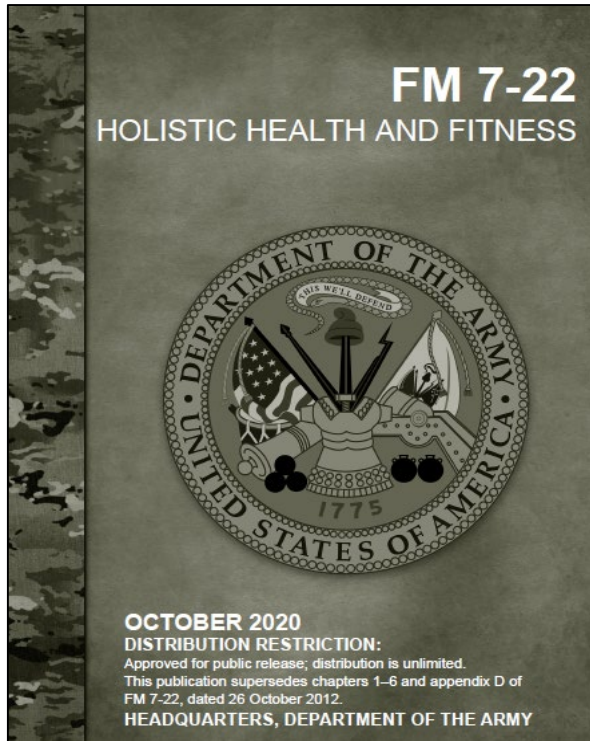
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Holistic Health & Fitness (H2F)

Historical Precedence

Use of interdisciplinary performance teams is a proven approach to attaining performance optimization and optimal care for athletes.





U.S. Army H2F Operating Concept



Changing the Army's Culture of Health and Fitness!

H2F DOMAINS

Physical

Non-Physical

PHYSICAL READINESS

- Muscular Strength
- Muscular Endurance
- Aerobic Endurance
- Anaerobic Endurance
- Power



MENTAL READINESS

- Cognitive Capability
- Emotional Capability
- Interpersonal/Social Capability



SPIRITUAL READINESS

- Beliefs
- Principles
- Values



NUTRITIONAL READINESS

- Proactive
- Active
- Reactive



SLEEP READINESS

- Duration
- Timing
- Continuity





Soldier Performance Readiness Center



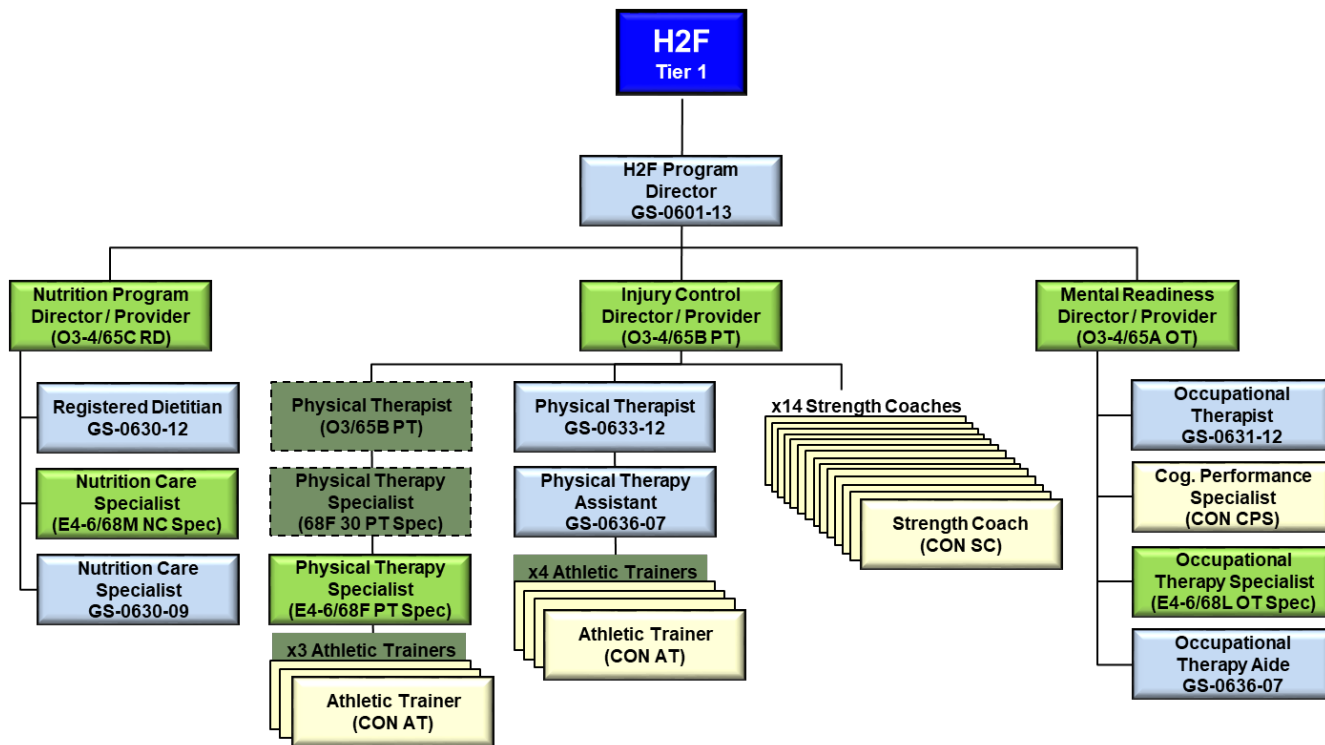
Treatment and Training Equipment



Deployable Medical Equipment Sets

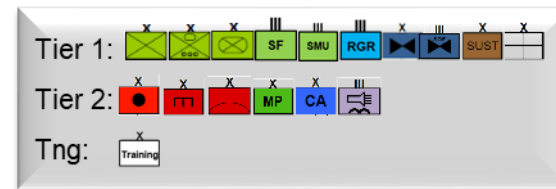


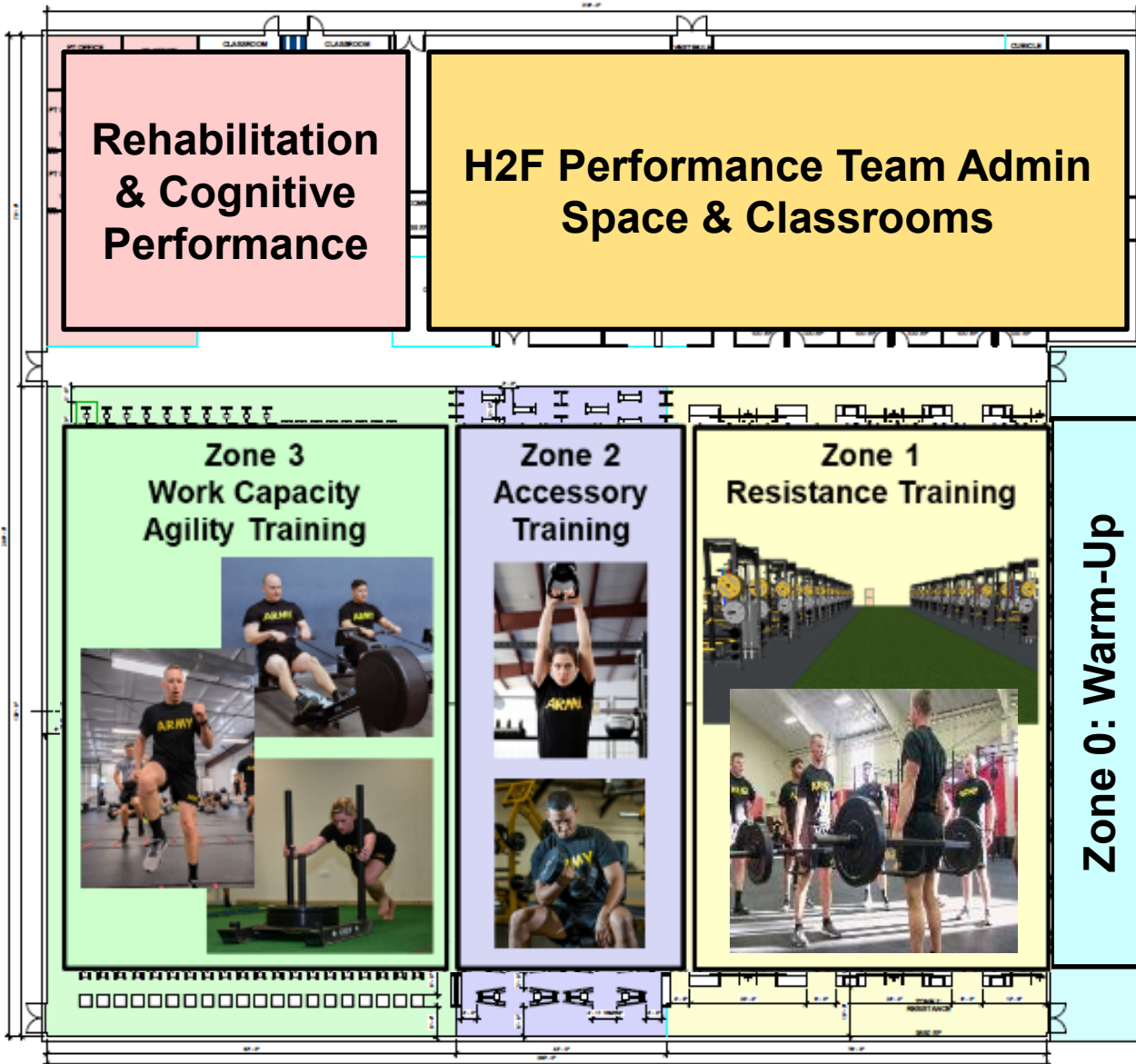
Deployable Training Lockers



Total: 37 Personnel

- 6x Military
- 2x Existing Military
- 7x DA Civilian
- 22x Contractor





Facility Design Standards

Facility Size

- BDE (42,700 SF)
- x3 Distinct Physical Training Zones**
 - Resistance Training
 - Accessory Training
 - Work Capacity / Agility Training
- x2 Classrooms (25 PAX each)**
- x1 Rehab & Cognitive Performance Area**

Zone 0	- Prep / Warm-up Area
Zone 1	- Resistance Training
Zone 2	- Accessory Training
Zone 3	- Work Capacity / Agility Training
	- Rehabilitation & Cognitive Performance Area
	- Admin / Class / Team room





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Questions

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