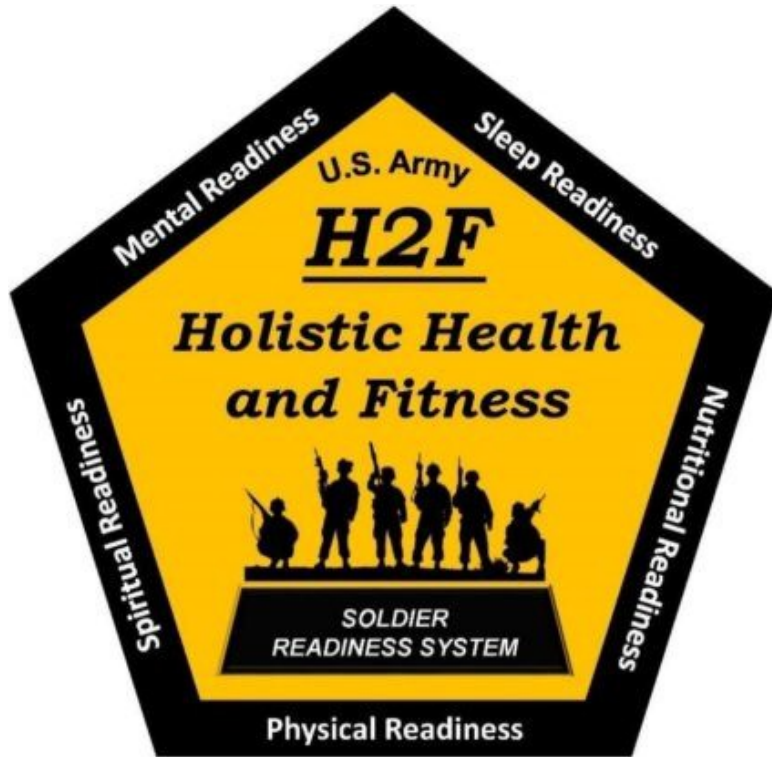




# TJAGLCS H2F TOUCHPOINT



FY22

APRIL

## WHY WE NEED H2F & NUTRITIONAL READINESS

- 17% of Active Duty Soldiers and 25% of Reserve/National Guard Soldiers are obese (TRADOC H2F Proponent)
- 73.6% of adults in the United States aged 20 and over are considered overweight or obese (CDC, 2017/18 Report)

## HYDRATION CHALLENGE

Staying hydrated is essential to performing at your highest level.

**MALES:** Drink 15.5 cups (3.7 liters) of fluids a day.

**FEMALES:** 11.5 cups (2.7 liters) of fluids a day.

Track your water intake for any 7- week time span.

## NUTRITIONAL READINESS

For the month of April, TJAGLCS will focus on improving our nutritional readiness. “The goal of nutritional readiness is to promote optimal performance. For Soldiers (and Civilians) to perform optimally throughout their careers... they must place as much emphasis on nutrition programing to support that performance as they do on physical and mental health.

(FM 7-22, 3-7)

## ARMY PEOPLE STRATEGY

### PEOPLE & COMMUNITY

“Winning matters, and PEOPLE are my number one priority.”

Army Chief of Staff GEN James C. McConville

## H2F LINES OF EFFORT

**SYSTEM:** The H2F System has five critical elements: governance, program, equipment and facilities, personnel, and leadership education.

**DESIGN:** Soldier physiology, periodization, and program design approaches the “why” of the H2F System, the basic science and rationale behind the program.

**BUILD:** The Army builds Soldier H2F performance in two phases: initial phase and sustaining phase. Both phases prepare Soldiers for a lifetime of optimized health and fitness

**DELIVER:** Build a H2F program tailored to a unit’s mission.



### Soldier Lethality

#### Physical Readiness

#### Mental Toughness

Governance	Program	Equipment and Facilities	Personnel	Leader Education
Command and control Regulations, policies, and doctrine Strategic program assessment Quality assurance Accountability Resourcing	Individualized, METL-driven, periodized training and testing Physical and non-physical performance readiness Prevention, rehabilitation, and far-forward treatment	Soldier Performance Readiness Center Performance metrics systems Army Combat Fitness Test equipment and field Deployable performance equipment Treatment sets	Physical therapist Occupational therapist Registered dietitian Strength and endurance coach Athletic trainer Holistic health and fitness coach	Initial military training Army Physical Fitness School Professional military education Civilian certification Undergraduate and graduate education



# NUTRITIONAL READINESS RESOURCES



a healthy outside  
**STARTS FROM**  
▶ the inside ◀

"Sorry there's no magic bullet. You gotta eat healthy and live healthy to be healthy and look healthy. End of story."

Morgan Spurlock,  
producer of the  
documentary  
"Super Size Me"

**FM 7-22  
HOLISTIC HEALTH &  
FITNESS (H2F)**



Audio Book  
Download Now

- TJAGLCS H2F Leader Development Academy**  
 Each month TJAGLCS will host a Leader Development brownbag lunch dedicated to educating faculty and staff on the domains of H2F. For the month of April, we are pleased to have Registered Dietician Morgan Davis come share with our community on how food affects performance and give a cooking demonstration.  
**When: 19 APR, 1200-1300** in Decker Auditorium.  
 For more information on Morgan Davis, visit [fromforktofit.com](http://fromforktofit.com).

- Human Performance Resources by CHAMP (HPRC) –**  
 Human Performance Resources by CHAMP (HPRC) is a team of scientists, specialists, and support staff who translate research into evidence-based resources to help Warfighters and their families achieve total fitness and optimize performance, whether at home, in the office, or in theater.  
[hprc-online.org/nutrition/performance-nutrition](http://hprc-online.org/nutrition/performance-nutrition).



*Sound Bites* is a podcast hosted by award-winning Registered Dietitian Nutritionist, Melissa Joy Dobbins. Join Melissa's conversations with a variety of experts on topics ranging from fad diets to farming and gain credible information to help you make your own, well-informed food decisions based on facts, not fear. For more information, visit [www.SoundBitesRD.com](http://www.SoundBitesRD.com).



The *UPliftFit Nutrition* podcast helps listeners learn how to rebalance your hormones, master your metabolism, and become the boss of your own body. It is hosted by Registered Dietitian Lacey Dunn, MS, RD, LD, CPT.

**FM 7-22, *Holistic Health and Fitness (H2F)*, establishes the Army's doctrine for readiness training of Soldiers. The goal of the H2F System is to build physical lethality and mental toughness to win quickly and return home healthy. (Preface FM 7-22)**



# THE ARMY'S NO. 1 PRIORITY IS TAKING CARE OF ITS SOLDIERS, CIVILIANS AND FAMILIES

## LEADERS' CORNER

There is a science behind being able to perform at an optimal level. Proper nutrition is a foundational and critical component in being a world-class athlete. Leaders need to be engaged in helping educate their subordinates on how proper nutrition is essential to peak physical performance. This chart is a fantastic tool Leaders can use to engage with their Soldiers to help build nutritional readiness.

<i>Time Between Eating and Performance</i>	<i>Suggested Pre-Exercise Meals</i>
1 hour or less before exercise	Choice of: Fresh fruit such as apples, watermelon, peaches, grapes, oranges, or a sports energy bar <i>and/or</i> $\frac{1}{2}$ –1 $\frac{1}{2}$ cups (4–12 ounces) of carbohydrate electrolyte beverage
2–3 hours before exercise	Choice of: Fresh fruit, 100-percent fruit or vegetable juices <i>and/or</i> Breads, bagels, English muffins with limited amounts of butter or margarine or cream cheese, yogurt, oatmeal, pancakes with limited amounts of butter and syrup, or a sports energy bar <i>and/or</i> 2–4 cups (16–32 ounces) of carbohydrate electrolyte beverage
3–4 hours before exercise	Choice of: Fresh fruit, 100-percent fruit or vegetable juices <i>and/or</i> Breads, bagels, baked potatoes, cereal with milk, yogurt, sandwiches with a small amount of peanut butter, lean meat, or cheese, spaghetti with a tomato sauce <i>and/or</i> 4–7 $\frac{1}{2}$ cups (32–60 ounces) of carbohydrate electrolyte beverage

FM 7-22, Table 8-1

Proper hydration is an essential component for nutritional readiness. Leaders need to ensure their Soldiers are staying properly hydrated before, during, and after physical fitness training. This chart shows the recommended fluid intake for individuals to perform at their best.

	<i>Recommendation</i>
Before	Drink at least 8–16 oz. (1–2 cups) of fluid 2 hours prior to exercise. Drink at least 4–8 oz. (1/2–1 cup) of fluid immediately prior to exercise. Drink 1–2 mL per pound body weight (for example, 2/3–1 1/4 cups for 150 lb.) 2 hours prior to exercise.
During	Drink at least 4–8 oz. (1/2–1 cup) of fluid every 15–20 minutes during exercise. Do not exceed 1.5 liter (~6 cups) per hour.
After	Drink at least 8–16 oz. (1–2 cups) of fluid after exercise. For rapid rehydration, drink ~3 cups of fluid per lb. of body weight lost.
L	liter
lb	pound
mL	milliliter
oz	ounce

FM 7-22, Table 8-3

# TJAGLCS H2F FOCUS GROUPS

## VISION

H2F FOCUS Groups provide the TJAGLCS community an opportunity to build and cultivate holistic wellness in their own lives and the lives of their teammates. These groups may meet during duty hours and are open to anyone who wishes to participate. They are focused on promoting fitness in all five of the H2F domains; physical, mental, spiritual, sleep, and nutrition. Service members and civilians are encouraged to participate in H2F FOCUS Groups as well as volunteer to lead or sponsor a group.

## CURRENT H2F FOCUS GROUPS

**Yoga and Meditation Group:** POCs: MAJ Sara Nicholson, CPT Greta Ellis, and Twana Harden

**Running Group:** POC: MAJ Steve Dray

**Dead Lift Group:** POC: MAJ Joseph Morman

**Walking Group:** POC: Mr. Lescault

**Golf Group:** POCs: MAJ Shawn Peterson and MAJ David Marold

- All H2F FOCUS Groups will be starting on a date and time to be determined in the near future

# ACFT Preparation and Familiarization

Preparing for the ACFT needs to be a top priority for Leaders. Including periods of rest and recovery is essential as one builds an ACFT training plan. The chart below provides a blueprint for how Leaders can best incorporate rest into individual PT plans as well as how much time should be set aside for recovery.

<i>Goal</i>	<i>Load</i>	<i>Repetitions</i>	<i>Sets</i>	<i>Rest</i>	<i>Recovery</i>
Muscular endurance	60%	12 or more	2 to 3	Up to 30 secs	24 hours
Hypertrophy	70–85%	6 to 12	3 to 6	30 to 90 secs	48 hours
Muscular strength	85–100%	Up to 6	2 to 6	2 to 5 mins	48 hours
Power (repeat efforts)	90%	3 to 5	3 to 5	2 to 5 mins	48 hours
Power (single effort)	80%	1 to 2	3 to 5	2 to 5 mins	48 hours
mins	minutes		secs	seconds	