



Total Health & Performance Newsletter

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The purpose of this newsletter is to communicate across the spectrum of the VAARNG and share significant updates, education, training and events related to all the 5 domains of health and fitness.

ACFT Updates:

Summary of Major Changes:

- ACFT no longer a Gender/Age Neutral Test
- ACFT Modified Test no longer MDL, SDC and Aerobic Event—Modified could be a 1 event test as long as there is an aerobic event
- Leg Tuck is eliminated and replaced by PLK
- 2.5 Walk Test is added as one of the alternate aerobic events
- OCT 1 2022 – begin record test for RA and AGR/ADOS – flag can be initiated
- April 1, 2023 – begin record test for M-DAY – flag can be initiated; RA can initiate separation. Soldiers will take a diagnostic ACFT (to standard) during 1 April 2022–31 March 2023.
- April 1, 2024 – Separation for M-DAY can be initiated - Record test must be completed
- Frequency for RA/AGR/ADOS – twice in a FY with no less than 4 months between record tests; MDAY once in a FY with no less than 8 months between record tests

*“The Best Investment
You can ever make is in
your own health”*

ABCP Tape Certification Course

Why: AR 600-9 mandates training for designated NCO's that conduct HT/WT Tape.

How: Units utilize their MFT's, trained Medical Personnel or AWC to provide the training. Units can also reach out to the State MFT Coordinator for support.

POC: MSG Ramon F Abreu-Perez, MFT, MRT, CPT

MFT's Corner:

Developing and Improving your running program:

Background: The 2 mile running event is one of aerobic events that soldiers must pass during the ACFT.

Tips:

- Define your goal. What do you want to see happen?
- Test yourself. Know where you are aerobically. Do a 2 mile run.
- Build a good solid aerobic foundation by adding distance into your program. Are you able to comfortably run 2 miles?
- Add strengthening to your program. Just running along is not enough. We need to add strength to our core and muscles involved in running.
- Consider surrounding yourself with other people that have similar goals. It could be a running club or Virtual social group.
- Stay focused. Make sure your easy days are easy and your hard workouts are hard. Do not give up to the temptation to work harder or easier than your schedule allows.
- Make sure to have fun.

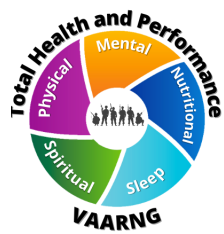
MSG R.F. Abreu-Perez— MFT, MRT, CPT



Physical Readiness: The Power of Recovery

Exercise is important. If you want to improve your physique or have specific goals for working out, utilizing specific muscles, energy systems and strength parameters is key to create change in the body. But recovery is just as important and how it truly impacts your transformation. We don't build muscle during the workout, we build in between. Tough training damages the muscles purposefully (micro-tears) which allows for repair and growth to combat those same level of forces that caused the original damage. This contributes to hypertrophy, or increase in muscle size. But the repair process takes some time and working out too soon can lead to injury, lack of peak force/strength and slowed transport of nutrients to the muscles. The other actions that are pivotal during recovery are refueling the body with ATP, the energy source for all cells in the body, and clearing out metabolic by-products such as lactic acid. Between fueling and clearing, we are resetting the body for the next bout of work. There are 3 types of recovery: immediate (between reps), short-term (between sets or circuits) and between workouts. Depending on your goals will dictate a lot about your recovery, which can look different from person to person. Active recovery, hydration and proper nutrition are all important during recovery, and if you have questions or need guidance, reach out to your MFT, MSG Abreu-Perez or myself and we will be glad to help you embrace the power of recovery!

CPT Brian Harder PT, DPT, CSCS



VAARNG H2F

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Nutrition 101

Nutrition is the one factor that affects the body multiple times per day, which can have a large impact on a person's overall health and fitness level. The level of proper nutrition should address both fitness and health, as being fit does not mean you are being healthy. For tactical athletes, high stress from physical and mental demands provide very unique nutritional demands and means we need to understand how to train and fuel like an extreme endurance athlete! High stress results in elevated cortisol levels, which can cause three main problems: lowered immune functions (meaning you are more susceptible to illness), protein breakdown from muscle, and increased body fat. These three issues can be offset with proper nutrition. Just like endurance athletes have developed techniques and products for maintaining endurance during a race, a tactical athlete must also maintain steady blood sugar, water and electrolyte balance. How does a tactical athlete maintain steady blood sugar? Once you figure out your personal caloric needs utilizing a BMR calculator, determine how much of your diet should come from a polysaccharide source (whole grains, sweet potatoes, brown rice, beans), there is a general rule of 65-70% of your diet. Next, calculate your caloric intake of starchy carbs (1 gram of carbs = 4 calories) and use the nutrition label or an online resource to calculate the carbohydrate intake from your food. If you need more guidance or help, reach out to a nutrition professional or the H2F team for more resources. Tactical athletes must study and understand their specific job requirements, but they must also study and understand nutrition so they are successful at their job!

To assist you in calculating your BMR (Basal Metabolic Rate) and adjusted calories based on activity level, visit: <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calorie-calculator/itt-20402304>

CPT Brian R Harder PT, DPT, CSCS

MENTAL FITNESS

April is Stress and Alcohol Awareness Month. All too often, stress and alcohol go hand-in-hand. Most adults report feeling stressed, burned out, or overwhelmed on at least a monthly basis. As many as 30% of the population reports having turned to alcohol to cope with stressors at some point during their lifetime. Below are some tips to share with those close to you, or use to help yourself manage stress and limit drinking to within safe limits.

- Take a “tactical pause”. Consider making a list of priorities. Use backwards planning to plan out the time you need to complete the most important items first, remove unnecessary tasks, or delegate to others. Make sure you write the plan down and use frequent reminders to stay on track.
- Watch what you “feed” your stress. Focus on foods and movements (exercise, stretching, taking a break to walk) that will provide your body and brain with the needed types of energy and nutrients to get through the day. Limit other sources of stress such as watching upsetting TV, overcommitting to non-essential tasks, or sacrificing sleep. Link up with your H2F or MRT Personnel and Resources for further personalized guidance on nutrition, exercise, and maximizing the quality of sleep you get each night.
- Limit alcohol and caffeine use. The CDC recommends no more than 1 serving of alcohol per day for women and no more than 2 servings per day for men. One way to taper alcohol back is to use your planner to track cutting back by 1 serving every 2-4 days until you reach your goal. For caffeine, try to keep it under 300mg per day. Stop alcohol and caffeine intake at least 2-3 hours before bedtime or other activities that require you to be at the top of your game. Try out an app like WEconnect or SoberTool to carry with you 24/7.



CPT Stephanie L. Malozzi, Clinical Psychologist

Sleep Readiness

How to Get Better Sleep

Walker provides a number of tips on how you can start getting better, less interrupted sleep.

- Keep the same waking and sleeping time each day. Erratic sleep schedules disrupt sleep quality.
- Practice sleep hygiene—lower bedroom temperature, reduce noise, reduce light.
- Avoid alcohol, caffeine, exercise, or long naps before sleep.
- Get some exercise, which may increase total sleep time and increase quality of sleep. Exercising has more of a chronic effect, meaning it helps in the long run and doesn't take effect on a day-to-day scale—exercise on one day doesn't necessarily lead to better sleep that night. But worse sleep on one night does lead to worse exercise the following day.
- Eat a normal diet (not severe caloric restriction of below 800 calories per day). Avoid very high carb diets (>70% of calories) since this decreases NREM and increases awakenings.
- Avoid sleeping pills—they're no better than a placebo.

For those with insomnia, try cognitive behavioral therapy, which has been shown to be more effective than sleeping pills.