



VAARNG H2F

APRIL - JUNE 2023

TOTAL HEALTH & PERFORMANCE NEWSLETTER

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PURPOSE

The purpose of this newsletter is to communicate across the spectrum of the VAARNG and share significant updates, education, training, and events related across the five domains of The Holistic Health and Fitness Program.

ANNOUNCEMENT

MFT/MRT WORKSHOP

The VAARNG invites all the MFT's and MRT's to participate in this annual MFT/MRT workshop to provide training aimed to conduct collective networking and education opportunities to re-fresh on training, discuss the industry's education and development updates, and develop an improved network, organizational structure, and Esprit de Corps amongst all the VAARNG MFT/MRT community.

DATE: APRIL 20 - 21, 2023.

LOCATION: State Military Reservation, 203 Red Horse Dr. Virginia Beach, VA 23451.

POC: MSG Ramon F Abreu-Preze/SSG So Catherine

MENTAL FITNESS

GOOD QUALITY SLEEP IS ONE OF THE MOST IMPORTANT FACTORS IN MENTAL READINESS. THE BETTER CONSISTENT SLEEP YOU CAN MAINTAIN THE BETTER YOU ARE ABLE TO PAY ATTENTION, SHORTEN YOUR REACTION TIMES, IMPROVE YOUR JUDGMENT SKILLS, AND REGULATE YOUR MOODS. BY IMPROVING YOUR SLEEP, YOU CAN REDUCE YOUR RISK FOR CHRONIC HEALTH CONDITIONS SUCH AS PTSD, DIABETES, DEMENTIA, AND OTHER CARDIOVASCULAR DISEASES. FURTHERMORE, STUDIES HAVE SHOWN THAT IN MILITARY POPULATIONS, SOLDIERS THAT REPORT BETTER SLEEP ALSO REPORT LOWER RATES OF SYMPTOMS LINKED TO DEPRESSION, ANXIETY, SUICIDE, AND TOBACCO AND ALCOHOL USE.

THE OFFICE OF THE ARMY SURGEON GENERAL RECOMMENDS THAT SOLDIERS SLEEP AT LEAST SEVEN HOURS PER NIGHT. TO MEET THIS GOAL, IN 2020 THE ARMY UPDATED FM 7-22 HOLISTIC HEALTH AND FITNESS MANUAL TO INCLUDE GUIDANCE ON HOW TO ACHIEVE BETTER SLEEP. TAKE A LOOK AT FM 7-22 FOR MORE DETAILED TIPS AND START MONITORING YOUR SLEEP HABITS TODAY!

IF YOU ARE CONCERNED ABOUT YOUR SLEEP AND HAVE TRIED IMPROVING YOUR SLEEP HABITS BUT STILL HAVE CONCERNS AFTER ABOUT SIX WEEKS, YOU MAY CONSIDER TALKING TO YOUR MEDICAL PROVIDERS FOR A MORE THOROUGH SLEEP ASSESSMENT.

- CPT STEPHANIE L. MALOZZI, CLINICAL PSYCHOLOGIST

SLEEP HYGIENE- METHODS TO BETTER SLEEP

- BE CONSISTENT
Go to bed at the same time and get up at the same time every day.

- DISCONNECT FROM DEVICES
Limit screen time within an hour of bedtime.

- STRETCHING & MEDITATION
Try progressive muscle relaxation, deep breathing, and pleasant imagery techniques.

- BEDROOM ENVIRONMENT
Make your sleep environment comfortable and free of things that could interrupt your sleep.
Pack to promote sleep on drill weekends (eye mask, light-duty ear plugs, comfortable bedding).

- ENGAGE IN PHYSICAL ACTIVITY
Movement is a great way to exert the body and allows better sleep at the end of the day.

- AVOID
Avoid having caffeine or alcohol late in the day or before bedtime. To give your body enough time to properly digest the food avoid large meals.

- LIMIT NAPS
Limit naps to 30 to 60-minute episodes and not within 4 hours of bedtime.

BEDTIME SNACKS

HUMMUS & CRACKERS

Hummus is made from chickpeas which contain tryptophan & melatonin-producing vitamins.

NUT TRAIL MIX

Almonds & cashews contain mineral magnesium, a mineral that aids sleep, while pistachios & walnuts are good sources of melatonin.

WHOLE GRAIN CEREALS

Whole grains are known to help the brain process tryptophan. Pair it with milk (which contains both calcium & tryptophan) for healthy eating & better sleep.

GRAPES

Grapes are healthy, delicious & contain natural sources of melatonin.

GREEK YOGURT & BERRIES

Greek yogurt is rich in calcium & protein, while raspberries are high in melatonin.

BEDTIME DRINKS

ALMOND MILK

Almond milk is high in magnesium, a nutrient known to help improve sleep quality. It also contains tryptophan which increases melatonin.

PINEAPPLE SMOOTHIE

Pineapple is a great source of serotonin and tryptophan, both known to help improve sleep.

PURE COCONUT WATER

Pure coconut water has magnesium and potassium, which help relax the muscles, and vitamin B, which is great for stress relief.

HOT LEMON WATER

A cup of hot lemon water taken a few hours before bed is ideal as this aids digestion.

TART CHERRY JUICE

Cherry juice is not only tasty, but also contains melatonin, the sleep hormone.

5 SCENTS THAT CAN HELP YOU SLEEP BETTER

1. LAVENDER - LOWERS STRESS LEVELS & REDUCES HEADACHES WITH ITS CALMING EFFECTS.
2. YLANG - YLANG - LOWERS HEART RATE & BLOOD PRESSURE, HELPS CALM THE BODY FOR REST.
3. CHAMOMILE - PROVIDES AN OVERALL SOOTHING & CALMING EFFECT.
4. EUCALYPTUS - HELPS RELIEVE CONGESTION FOR RELAXED BREATHING.
5. ROSE - REDUCES ANXIETY & HELPS IMPROVE SLEEP.

REASONS TO PUT YOUR PHONE AWAY BEFORE BED

Is your phone keeping you up at night? Try these tips to wake up more refreshed every day.

Move it.

Charge your device as far away from your bed as possible.

Dim it.

Dim your screen or use a red filter app at night.

Set it.

Alarms aren't just for waking up – set a bedtime alarm to remind you that it's time to wrap it up for the night.

Lock it.

If you've got a scrolling habit you need to kick, try an app-blocking app.

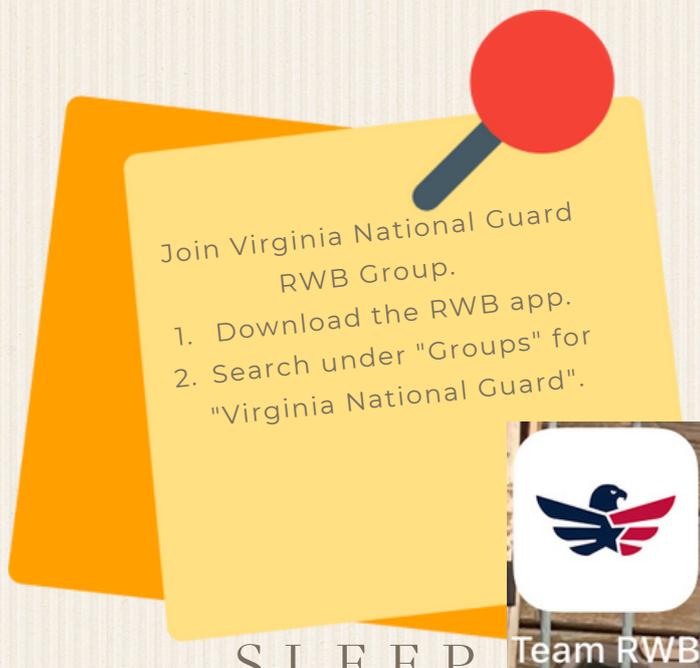
Block it.

Tell notifications to buzz off if they're waking you up at night.

DAMAGING YOUR RETINA
BLUE LIGHT FROM CELL PHONES OR SMARTPHONES FLICKERS FASTER THAN ANY OTHER COLOR BECAUSE IT HAS THE SHORTEST WAVELENGTH. THIS MAKES IT HARD TO SEE, AND OVER TIME IT CAN EVEN HURT YOUR RETINA

CHANGING THE SLEEP CYCLE

REGULARLY USING A CELL PHONE IN THE EVENING BEFORE BED CAN MAKE IT HARD TO SLEEP BECAUSE YOUR MIND MAY BE TOO BUDY OR EXCITED. ALSO, THE NEED TO CHECK YOUR PHONE ALL THE TIME CAN KEEP YOU FROM FALLING ASLEEP AND MAKE YOU SLEEP LESS.



SLEEP RESOURCES

GENERAL INFORMATION ABOUT SLEEP
WWW.SLEEPFOUNDATION.ORG

FREE SELF-PACED ONLINE PROGRAM FOR BETTER SLEEP
WWW.VETERANTRAINING.VA.GOV/SLEEP/INDEX.ASP

SLEEP FOUNDATION

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RECOMMENDED APPS

CALM
HEADSPACE
CBTI COACH



PHYSICAL FITNESS

EVER HEARD OF MURPH? IT'S THE MEMORIAL DAY CHALLENGE. IF YOU ALL HAVE BEEN AROUND FITNESS FOR SOME TIME, YOU PROBABLY HEARD OF THE WORKOUT CALLED MURPH. THIS WORKOUT IS ONE OF THE MOST BRUTAL AND NOTORIOUS CROSSFIT WORKOUTS OUT THERE. BUT HOW CAN YOU TRY IT, MORE IMPORTANTLY, HOW CAN YOU MODIFY IT IF YOU WANT TO GIVE IT A GO?

LET'S START BY TAKING A LOOK AT THE MURPH WORKOUT AND THE MEANING BEHIND IT. MURPH IS CONSIDERED A "HERO WOD" NAMED AFTER NAVY LIEUTENANT MICHAEL MURPHY, WHO WAS KILLED IN AFGHANISTAN IN 2005. THIS WORKOUT WAS SAID TO BE ONE OF MURPHY'S FAVORITE WORKOUTS.

IF YOU ARE NEW TO EXERCISE AND HAVE NEVER HEARD OF MURPH, WELL HERE'S THE WORKOUT.

1-MILE RUN
100 PULL-UPS
200 PUSH-UPS
300 AIR SQUATS (BODYWEIGHT)
1-MILE RUN

THE ENTIRE WORKOUT IS DONE WEARING A 20LB WEIGHTED VEST, TO STIMULATE THE BODY ARMOR MURPHEY WOULD HAVE WORN.

HOW CAN YOU MODIFY THE MURPH WORKOUT?

1. YOU CAN DITCH THE WEIGHTED VEST - THE WORKOUT IS TOUGH ENOUGH WITHOUT IT, AND IF YOUR FORM ISN'T CORRECT, ADDING THE WEIGHT CAN PUT EXTRA STRESS ON YOUR LOWER BACK.
2. YOU CAN SPLIT THE REPS UP SO THEY DON'T SEEM AS DAUNTING, AND ADD BREAKS BETWEEN EXERCISES.
3. DO HALF THE WORKOUT. DECREASE THE REPS BY HALF.

OTHER WAYS TO MODIFY THE WORKOUT.

IF YOU DON'T HAVE PULL-UPS, YOU CAN USE A BAND OR DO RING ROWS.

IF YOU'RE LOOKING TO MAKE PUSH-UPS EASIER, YOU HAVE A FEW OPTIONS. FIRST, DO THE EXERCISE ON YOUR KNEES, AND IF IT'S STILL DIFFICULT, TRY DOING PUSH-UPS ON AN ELEVATED SURFACE, SUCH AS THE WALL, A BOX, OR A BENCH.

IF IT'S TOO MANY SQUATS, YOU CAN REDUCE THE REPS.

IF YOU ARE JUST STARTING BACK UP ON RUNNING, YOU CAN REDUCE THE DISTANCE TO HALF A MILE IN THE BEGINNING AND HALF A MILE AT THE END OF THE WORKOUT.

SSG CATHERINE SO

Scan the QR Code for a month's workout plan leading up to the Murph



WOD

As Many Rounds as Possible
(AMRAP) in 20 min

5 Pull-ups (Substitute: bent over rows)

10 Push-ups (Substitute: knee push-ups)

15 Air Squats