HOLISTIC HEALTH AND FITNESS (H2F) IMPLEMENTATION

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H2F Director
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Holistic Health & Fitness (H2F)

Why do we need H2F?

- 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**

<table>
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<th>Year</th>
<th>BDEs</th>
<th>Change</th>
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<tbody>
<tr>
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<td></td>
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<tr>
<td>FY 22</td>
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<td>FY 23</td>
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<td>FY 24</td>
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<td>FY 30</td>
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**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

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**

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.
Use of interdisciplinary performance teams is a proven approach to attaining performance optimization and optimal care for athletes.
AMERICA’S ARMY:
Globally Responsive, Regionally Engaged

Holistic Health & Fitness (H2F)
How & Who: Doctrine

FM 7-22
HOLISTIC HEALTH AND FITNESS

ATP 7-22.01
HOLISTIC HEALTH AND FITNESS TESTING
OCTOBER 2020

HEADQUARTERS, DEPARTMENT OF THE ARMY

ATP 7-22.02
HOLISTIC HEALTH AND FITNESS DRILLS AND EXERCISES
OCTOBER 2020

HEADQUARTERS, DEPARTMENT OF THE ARMY

The U.S. Army
Holistic Health and Fitness
Operating Concept

The U.S. Army's System for Enhancing Soldier Readiness and Lethality in the 21st Century

U.S. Army H2F
Operating Concept
Holistic Health & Fitness (H2F) Domains

Changing the Army’s Culture of Health and Fitness!

- **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
Holistic Health & Fitness (H2F)

H2F Performance Team Structure

Soldier Performance Readiness Center

- Nutrition Program Director / Provider (GS-0601-13)
- Registered Dietitian GS-0630-12
- Nutrition Care Specialist (E-4/56M NC Spec)
- Physical Therapist (GS-0633-12)
- Physical Therapy Specialist (GS-0630-09)
- Physical Therapy Specialist (68F/68F PT Spec)
- Physical Therapy Assistant GS-0630-07
- Strength Coach (CON SC)
- Athletic Trainer (CON AT)
- Athletic Trainer (CON AT)
- Athletic Trainer (CON AT)
- x4 Athletic Trainers
- x14 Strength Coaches

Mental Readiness Director / Provider (GS-065A OT)

- Occupational Therapist GS-0631-12
- Cog. Performance Specialist (CON CPS)
- Occupational Therapy Specialist (E-4/68G OT Spec)
- Occupational Therapy Aide GS-0636-07

Tire 1:
- Total: 37 Personnel
- 6x Military
- 2x Existing Military
- 7x DA Civilian
- 22x Contractor

Tier 2:

Tng:

Deployable Training Lockers

Deployable Medical Equipment Sets

Treatment and Training Equipment
AMERICA’S ARMY:
Globally Responsive, Regionally Engaged

Holistic Health & Fitness (H2F)
Soldier Performance Readiness Centers (SPRCs)

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: Warm-Up
- Prep / Warm-up Area

Zone 1
- Resistance Training
- Accessory Training
- Work Capacity / Agility Training
- Rehabilitation & Cognitive Performance Area
- Admin / Class / Team room

Zone 2

Zone 3
Work Capacity
Agility Training
Questions

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