



Why do we Need H2F?

To enable our Soldiers to dominate, win quickly, and to return home healthy in complex defensive and offensive operations.

H2F is the Army's investment to:

- Enhance Soldier lethality and readiness
- Optimize physical and non-physical performance
- Reduce injury rates
- Improve rehabilitation after injury
- Increase overall effectiveness of the Total Army

"Winning matters. When we send the US Army somewhere, we don't go to participate, we don't go to try hard. We go to win. That is extremely important because there's no second place or honorable mention in combat."

-GEN James McConville, 40th Chief of Staff of the Army

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Holistic Health & Fitness (H2F) System



**The U.S Army's System for enhancing
Soldier readiness and lethality in the
21st century**

"The Army has been changing since the Army has been in existence. H2F represents a cultural change for My Squad. Soldiers must optimize physical, nutritional, sleep, spiritual, and mental readiness in order to master the fundamentals of being a Soldier."
-SMA Michael A. Grinston, 16th Sergeant Major of the Army

What is the H2F System?

The H2F System is the Army's primary investment in Soldier readiness and lethality, injury mitigation, improved rehabilitation after injury, and increased overall effectiveness of the Army.

The H2F System represents a cultural shift in the way the Army trains, develops, and cares for Soldiers – a change that begins now and will continue to evolve over the next 20-30 years.





How does H2F Work?

Address individual and unit-level physical and non-physical performance readiness training through the five elements of readiness in the H2F System.

- Physical Readiness
- Mental Readiness
- Sleep Readiness
- Spiritual Readiness
- Nutritional Readiness

Where does the H2F Team Operate?

Training Soldiers in an optimized training environment, dedicated to Soldier strength and conditioning, and health-related behavior training.

Soldier Performance Readiness Centers (SPRC) are customized training facilities that provide dedicated equipment to train Soldiers.



Who is the H2F Team?

Staffed by certified performance personnel who are highly qualified to lead, coach, teach, counsel and train Soldiers.

- Physical Therapists
- Registered Dietitians
- Occupational Therapists
- Athletic Trainers
- Strength & Conditioning Coaches
- Cognitive Performance Specialists

When does H2F Start?

On 1 OCT 2020, FM 7-22, Holistic Health and Fitness and two associated ATPs were released establishing the H2F System.

In FY21, 28 BDEs will be resourced with H2F Performance Teams and additional BDEs will be added each year through FY30, until the Army has implemented the system in 110 Active Duty BDEs.

The ARNG is piloting several programs that consist of access to fitness apps, COTs, and partnerships with academia and industry.

The USAR is executing two concurrent one-year pilots that consist of virtual education, fitness apps, linkage to PTs, OTs, and RDs, and full time Performance Advisors.

