

## **Holistic Health and Fitness Talking Points**

### **Theme: Readiness**

- Fundamental to Army effectiveness is the personal readiness of our Soldiers. Holistic fitness is an essential component of physical and non-fitness readiness, deployability and lethality.
- H2F is a comprehensive, immersive health and fitness system of governance, personnel, equipment/facilities, programming, and education that helps develop Soldiers, who are physically fit and mentally tough to engage with and overmatch the enemy in Multi-Domain Operations.
- H2F is an investment to improve Soldier and unit readiness by addressing the 5 domains of physical and non-physical readiness (sleep, nutrition, mental and spiritual readiness).
- H2F is designed to optimize Soldier personal readiness, reduce injury rates, improve rehabilitation after injury, and increase the overall effectiveness of the Total Army.
- A main component of the physical domain of Soldier readiness is the Army Combat Fitness Test. The ACFT is scientifically designed to transform Army physical fitness and training to reflect combat-related tasks and reduce injuries. This will lead to a more physically fit Army, ready to meet today's modern battlefield requirements.

### **Theme: People**

- H2F represents a cultural shift in the way commanders train, develop, and care for the Army's most important asset, our Soldiers.
- Army Senior Leaders have committed to providing the resources and equipment to build Soldier Performance Readiness Center (SPRC) facilities from FY23 through FY26.
- SPRCs are dedicated facilities for units to facilitate H2F program implementation. The SPRC serves as a unit-owned physical center that delivers a comprehensive, immersive, and integrative training experience for the individual Soldier, staffed by certified H2F performance professionals.
- We owe it to the men and women of our Army to provide them with the necessary tools and training they need to fight and win our nation's wars while protecting their overall health and well-being.
- The Army's physical fitness test must continually assess physical readiness to ensure combat lethality and reduce MSK injuries and associated attrition.

### **Theme: Capabilities-based system.**

- H2F is a lifecycle system; improving and sustaining Soldier readiness from pre-accession training throughout their career.
- The goal is to provide each Army brigade with an H2F campus. Includes: SPRC, standardized obstacle course, ACFT field and track, terrain running course, sheltered strength training racks, containerized strength equipment, and PRT fields with climbing pods.
- H2F training facilities, established for brigade-size elements, will be exclusively dedicated to holistic physical and non-physical training and programming for Soldiers.
- Addresses the challenges posed by the distributed nature of the Army Reserve and Army National Guard by innovating with industry and academia to leverage technology.