

Promoting **HEALTH & FITNESS**

A message from DFit

With the PSP Symposium now complete we can take time to reflect on the successes and the proverbial "was it worth the effort"? For the DFIT team, our objectives were relatively straightforward. We focused on HP and Fitness Staff retaining and incorporating local and HQ strategies/best practices to:

- i. integrate behaviour change concepts in programming;
- ii. reach CF personnel who don't access local HP or Fitness resources; and
- iii. better link fitness and HP programs to B/W Operational Requirements.

Based on my many discussions with you during and following the symposium

and the results from the feedback forms I'm confident that our objectives were met. However, all too often we return from these meetings reinvigorated and energize only to get caught up in the day to day realities of our positions. As such I ask that you give some thought to the following questions:

In the 3 months following the PSP Health and Fitness Symposium, what improvements have you made to your Fitness or Health Promotion Program? What has been the impact of these changes at your Base or Wing? Send your response to Laframboise.JL@forces.gc.ca and we'll include some of your local and HQ submissions in the next DFIT newsletter.

And the Winner is... Base/Wing CF Health & Physical Fitness Award

By Christine Charron, Fitness Programs Coordinator, PSP HQ

CMP announced the Base/Wing CF Health & Physical Fitness Award winner during the CF Sports Award Ceremony. The ceremony, hosted in Ottawa on 5 Nov 2011, was a chance for Senior CF Leadership to recognize the best the CF has to offer in Fitness, Health and Sports.

The 2011 nominees were:

- Royal Canadian Navy – CFB Halifax
- Canadian Army – CFB Shilo
- Royal Canadian Air Force – 4 Wing Cold Lake
- VCDS Group – CFSU Europe

CFSU Europe was announced as the overall winner.



LCol Sylvain Turbide, Commanding Officer of CFSU(E), accepted the award on behalf of the group. "I was very proud and happy to represent the group at the CF Sports Award Ceremony. Health and fitness promotion entails particular challenges for the CF in Europe. The small team of CFSU(E)'s Personnel Support Programs, under the direction of Mr. Bert Bérubé, demonstrate exceptional vitality and creativity". (From VCDS website).

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CFSU(E): VCDS Nominee for the Health and Fitness Award

By Ms Kim Fauteaux, Communication Analyst and Geoff Drover VCDS Fitness manager

The Canadian Forces Support Unit (Europe) (CFSU(E)) was chosen to represent the VCDS Group at the CF Sports Awards Ceremony, which was held on November 5, 2011, in Ottawa. The Unit is in the running to win the Health and Fitness (HF) Award at the Ceremony. This Award recognizes a base or wing for activities initiated in support of the Health and Physical Fitness Strategy.

The 2011 VCDS Group Health and Fitness Award Selection Board met on July 22, 2011, to review and rate the VCDS Group submissions, and select a winner between the Canadian Forces Support Unit (Ottawa), CFSU(E) and

OUTCAN (less CFSU(E)). Submissions were judged on the following criteria: the ability of the Base/Supporting entity to affect long-term culture change towards health and physical fitness; the ability to integrate the Total Force; and the ability to address regular physical activity, healthy eating, healthy weight, and living an addiction-free lifestyle.

CFSU(E) supports approximately 600 members across 19 countries; therefore, the delivery of health and physical fitness programs is complex. The strength of CFSU(E)'s file came from regular fitness activities and new initiatives. Twenty-one health

promotion and physical fitness activities were organized throughout the fiscal year and involved over 1000 participants. Twelve new initiatives, such as the *Great CFSU(E) Spin* and Health Promotion Lunch and Learn, generated additional opportunities for the CFSU(E) community to be engaged in health promotion and physical fitness programs. These activities proved to be extremely successful and contributed to the ability of the CFSU(E) to be operationally ready and have 92% of their personnel meet the minimum operational standard to be physically fit.

Canadian Army Health and Physical Fitness Award: CFB Shilo

By Mary-Beth McGinn, Army Fitness Manager

CFB Shilo was awarded the Canadian Army Health and Physical Fitness Award for their submission for fiscal year 10/11. CFB Shilo recognized the importance the role Health and Fitness plays in maintaining operational readiness while increasing group cohesion and promoting a sense of community for all members and their families. In addition to the outstanding promotion and attendance within the regular CF Health and Fitness Programs, unique activities were organized that included the New Year, New You Challenge; the annual Winterfest, the CFB Shilo Army Run and the Safe Kids Week. Many activities organized were partnered with the local communities to promote goodwill and increase the level of service provided. The success of CFB Shilo's initiatives is due to strong support of the Leadership and the partnering of the various services providers to ensure the Health and Fitness of the members and their families. Congratulations to everyone who contributed!



Photo: Members from CFB Shilo participate in the First Annual CFB Shilo Army Run.

Stand Up of National Health Promotion Delivery Working Group

By Chris Driscoll, Health Promotion Delivery Manager, PSP HQ

The Health Promotion team is pleased to announce the stand up of a new working group which will focus on all aspects related to the delivery of health promotion programming and campaigns. This will include the setting of programming area priorities / objectives and the development of an effective means to report local activities.

The working group had its inaugural meeting during the 2011 National PSP Symposium, and is composed of Health Promotion Directors from 6 local bases / wings, a representative from Director Force Health Protection, and the Health Promotion Delivery team based in Ottawa. Each of the 6 working group Health Promotion Directors will act as a representative for between 2 and 6 other bases /

wings. These representative Directors will share information with the locations that they represent and be a voice for them within the National group. Although much hard work lies ahead, it will be done with enthusiasm to ensure that the best possible services are being delivered to the CF community.

Adventures In Research

Project FORCE on the Road!

The Human Performance Research Team hit the road for 4 weeks in September/ October to perform data collection on the common military tasks of digging, building fences, and sandbagging. The team received exceptional support from both military and PSP in the field. CFB Kingston and CFB Greenwood PSP staff were more than happy to lend a hand with the data collection which took place every day from 0800-noon outside. Regardless of the frosty mornings and a few rainy days all the necessary information was captured and the research team is currently busy analysing the data, and preparing for the last Phase of FORCE. Project FORCE Phase III is planned to start in January 2012.

Thanks to all who lent a hand, your co-operation is much appreciated!

PES DL Update

On 1 December 2011, the former five-day Physical Exercise Specialist Course will be transitioned to the Physical Exercise Specialist Distributed Learning Training (PES DLT). This new training format will be divided into three separate modules:

- Mod I – PES Scope of Practice
- Mod II – PES supporting information
- Mod III – PES Model Action Plan

To complete a module, a PES DLT candidate will be expected to complete specific online and offline tasks as well as workshops that are associated with each module. The training is designed to allow the candidate to complete the tasks based on their own schedule. The online components will be taught using webinars on DNDLearn Live with two available timeslots on each training day (French 1000 – 1200, English 1300 – 1500). The entire PES DLT will cycle throughout the year, replacing the traditional model of 5-days in the classroom once or twice a year, therefore providing the PES training nearly immediately after being hired. All training days will be placed on the PES DLT calendar found on the PES DLT Microsoft SharePoint

and will be the responsibility of the PES to indicate which webinars they wish to attend.

Prior to attempting a module, a candidate must fulfill the following requirements:

- 1) To be eligible to attempt Mod I a candidate must:
 - a. Hold a PES position at any CF base, wing or site
- 2) To be eligible to attempt Mod II a candidate must:
 - a. Hold a current CSEP-CEP designation
 - b. Have successfully completed the FSIC
- 3) To be eligible to attempt Mod III a candidate must:
 - a. Hold a current CSEP-CEP designation
 - b. Have successfully completed the FSIC

Successful completion of the course will occur when a PES DLT candidate has completed all tasks for all three modules.

The pilots for each module will start December 2011 and will continue until the spring of 2012. If you have any questions regarding the PES DLT please contact Jason Branscombe (Jason.Branscombe@forces.gc.ca) at the PSP Trg Ctr.

Valcartier Infantry Basic Fitness Training Assistant Course

By PSP Directing Staff Daniel Guimont

From the 17th to the 28th of October, the PSP Training Center packed its French course material and headed to Valcartier Garrison to teach a 2 week Basic Fitness Training Assistance (BFTA) course to the R22ERs.

MWO Vincent Morin, who acted as our local POC has been a great supporter of the training center's courses, receiving both Basic and Advance Fitness Training Assistant qualifications. When posted to Valcartier last summer as the 3R22ER Sgt Maj, he wanted to improve fitness within his unit all while lowering the number of injuries. Both BFTA and AFTA courses focus on injury prevention as well as how to optimize fitness for the Canadian Forces. Knowing how much this knowledge is valuable, MWO Morin invited 2 PSP Directing Staff to teach his troops.

Understanding the high risk of the infantry and the intensity at which these people need to work at, the Staff challenged the students to find safe alternatives and modifications to make their workouts more efficient and to lower the potential of injuries. After graduation, the members are encouraged to meet with their local PSP Fitness Instructors to work together in improving unit PT.

The PSP Training Centre is proud to promote safe and effective fitness training within the CF. They always strive to give the most current information and to serve the students with what they need. They deliver these courses in both official languages in a safe, fun and effective manner, always focusing on the clients needs.



Borden PSP Training Centre has moved

Now located in Building T-162, 63b Atlantic Road in Borden. The mailing address must be processed through CFTDC and is:

PSP Training Centre, T-127, 15 Cyprus Road, Borden, ON, L0M 1C0.

PSP Training Centre - Course Schedule FY 2012-2013

PSP Courses

Course	Session	Location	Start Date	End Date	Language
FSIC	2012-1	Borden	27-Feb-12	09-Mar-12	as required
FSIC	2012-2	Borden	28-May-12	08-Jun-12	as required
FSIC	2012-3	Borden	10-Sep-12	21-Sep-12	as required
FSIC	2012-4	Borden	03-Dec-12	14-Dec-12	as required
PES	2012-1	Borden	online 1st Thursday every 2 months - Mod 1		French 10h00-12h00 English 13h00-15h00
TAIC	2012-1	Borden	05-Feb-12	14-Feb-12	as required
TAIC	2012-2	Borden	30-Oct-12	08-Nov-12	as required
CPT	2012-1	Borden	requirement to be determined		

Great Work in the Field

Fitness by Your Bunk?... You Bet!

by Josey Yearley, Fitness & Sports Director 4 Wg Cold Lake

Do your members feel like staying in shape while on TD, course, or deployment is difficult? They don't have access to a gym, are "too busy" or short on time? A "Fitness by your Bunk" kit may be the answer!

"Fitness by your Bunk" is a compact portable gym kit that contains several highly versatile and functional pieces of fitness equipment that can be used just about anywhere. It is 4 Wing's answer to units and individuals looking to stay in shape while away from their home (and our services). Gaining our impetus (and funding) from the stats that clearly demonstrated that units on frequent deployments had the worst outcomes in terms of annual fitness testing we went to work to create "Fitness by your Bunk".

Each kit includes the following:

- Yoga mat
- Yoga workout DVD
- Skipping rope
- TRX suspension training system (including door anchor)
- TRX workout DVD
- Resistance tubing, and
- A comprehensive training manual that explains how to use each piece of equipment, demonstrates various exercises and provides sample workouts.

The "Fitness by your Bunk" has everything a member needs including a personal trainer. In order to sign out

a kit, the CF member must first meet with a fitness staff for a one-on-one information session to ensure that they will know how to gain maximum benefit from this initiative and use each piece of equipment safely and effectively.

And what is the response from the field? To quote one happy customer... "WOW!"

We are very proud that we had the opportunity to display this kit at the PSP symposium in Cornwall in Oct 2011. I would like to specifically recognize the work of Tovah Fenske (our Fitness Coord) and Jacklyn Wassell (our PES) in bringing our vision to fruition.

Contact 4 Wing's Fitness Coord, Tovah Fenske for more info on this kit, associated costs, control measures, etc.



PSP Gagetown Partners with 42 Health Services Physiotherapy in the Delivery of a Lower Extremity Reconditioning Program

By Anne Atchison, Physical Exercise Specialist, CFB Gagetown

PSP and Physiotherapy at CFB Gagetown take a collaborative approach to return members with lower extremity injuries to operational readiness. Early in the rehabilitation process, members with lower extremity injuries begin a Proprioceptive and Neuromuscular training class led by Physiotherapy and the Physical Exercise Specialist (PES). Participants attend three times weekly and complete a variety of exercises with increasing level of difficulty aimed to improve the dynamic control of joints and muscular strength of the lower extremity.

Once participants of the Proprioceptive and Neuromuscular class demonstrate improved functional capacity, they graduate to the PSP Reconditioning Exercise Program (REP). REP is a group based exercise class with modifications suited to individual functional limitations. The group based class includes circuit strength training three times weekly and low impact aquatic exercise twice weekly. The early intervention and collaborative approach has led to great success in speedy recovery times for members with lower extremity injuries.



Congratulations PSP

Fitness Instructor Steps up as Acting Fitness Coordinator

By Todd Stride, AF Fitness Manager and the Totem Times

Last Spring, when longtime 19 Wing Comox Fitness Coordinator Stephane Rainville accepted a position in Afghanistan, Veronique Dion was asked to step up and take over the Fitness Coordinators position on an interim basis. This new challenge was compounded by the fact that she was also required to train two new staff members and get them up to standard in a short period of time. Not only did Veronique excel in her acting management position, but she also assisted the Sports Coordinator during CF Regional Slo-Pitch and Ball Hockey Championships. When her FS&R Director required additional manpower for the Snow to Surf Relay Race and the WAdmin Car Rally, she enthusiastically volunteered to help. Her contribution to these events played a valuable part in their success. Veronique's positive attitude, customer-first focus, and willingness to go above and beyond, have allowed her to continue the excellent service provided by the Fitness Cell. Due to her outstanding leadership, performance, and dedication during this period, Veronique was awarded the Wing Defence Team Civilian of the Second Quarter Trophy by the Wing Commander, Col Jim Benninger.



Todd Stride Awarded Air Command Commendation

As the Air Force's Physical Fitness Manager, Todd has been a driving force for the increased focus on health and physical fitness within the RCAF since the launch of the CF Health and Physical Fitness Strategy in 2008.

Todd has not only focused on fitness but also worked with Force Health Protection and DFIT in the development and delivery of a "Healthy Living 101" package which is currently being piloted with the intent of imbedding it in all Air Force managed occupational training.

This passion and dedication for his work makes Todd most deserving of the Air Command Commendation. Congrats Todd!

Photo with LGen André Deschamps Commander, Royal Canadian Air Force



FireFit Championship Finals

By Nicole Thomas, FF Fitness & Wellness Manager, PSP HQ



The Canadian Forces Fire Marshal's Firefighter Combat Challenge National team results and attendance from CF/DND firefighters were the best ever. From 15 to 18 September 2011, hundreds of firefighters from across Canada attended the FireFit Nationals in Medicine Hat Alberta. In attendance were 31 CF/DND Firefighters. Bases represented were CFB Gagetown, CFB Halifax, BFC Valcartier, 8 Wing Trenton, 14 Wing Greenwood, CFB Shearwater, CFB Petawawa, CFB Wainwright and CFB Suffield which was also the co-host of this event. Four of our CFFM National Team members Simon Robichaud, CFB Valcartier, Jonathan Betts, CFB Gagetown, Pte Mark Beer, 14 Wing Greenwood, and Adrian Bent, CFB Wainwright, raced under 90 seconds that weekend, a first for the CFFM National team! Congratulations to Our National team and all other DND/CF who participated in this event. TSN also aired the event numerous times in November; many of our CF/DND firefighters were featured in the broadcasting.

Try Walking 50 km in her Boots!

By Rick McKie National Physical Fitness Manager, PSP HQ

The 2 CMBG Ironman started in Petawawa in 1983 in order to promote physical fitness and camaraderie. It covers a total of 50 km which includes a 32 loaded weight carry, 4 km portage, 8 km canoe and finishes with a 6 km loaded weight carry. With the exception of the canoe paddle, a 40 lb ruck is worn for all events. This year Necole Miller, the Fitness Instructor Supervisor from Petawawa, competed in the Ironman. She won third place in the women's division with a time of 7 hrs and 28 min. Below is an interview between Necole and the National Physical Fitness Manager, Rick McKie.

Q: What led you to attempt the Ironman? What did you want to get out of the race?

A: For years I have helped train members and/or teams competing in the Ironman. After watching members cross the finish line - especially the ones that you've trained - I was inspired to try it. I wanted to know how it felt so I could be better at training the members. I also wanted a challenge.

Q: How did you train for the Ironman?

A: My first ruck was in Apr, it was 6 km long. Bit by bit I increased my mileage. The majority of my training was on Sundays at 0530 hrs, on my lunch hours at the gym and occasionally I jumped in on classes.

Q: What was the toughest part of the training?

A: The portage was physically and mentally the hardest part. If the canoe is not set up just perfect it is even worse. I also found it tough mentally to taper.

Q: How did you feel when you finished?

A: My body hurt and cramped during that race like it never had before, but I didn't feel any of it when I crossed the finish line. I was so happy.

Q: How did you feel on your first day back to work?

A: I felt incredibly lucky to have the co-workers that I do. The staff were supporting me throughout the route and at the finish line. Many military members also mentioned that it was a huge morale boost to see the PSP staff along the route cheering them on.

Q: What was (and is) the reaction of the soldiers and your colleagues pre and post Ironman?

A: I had a lot of support from the soldiers once they found out I was doing the Ironman, especially 3 RCR and HQ & Sigs. One of the soldier's said that when you do an Ironman it is like you are part of a club and it's true. You run into them, trade stories. My colleagues always encouraged me while I was training, asking how far I had gone, how it felt, they were amazing! Some are even talking about trying it next year - maybe we could have a PSP team!!

Q: How did the teams that PSP help train rank overall?

A: This year we trained about six teams. The schedule for 3 RCR's training was a joint effort between the PSP staff and 3 RCR. I am proud to say that 3 RCR finished 1, 2, 3 in Individual Male and also won the award for Top Major Unit. We also trained CSOR who were awarded top Minor Unit.

Q: Do you think that you are more credible to offer advice on military training as a result of what you accomplished?

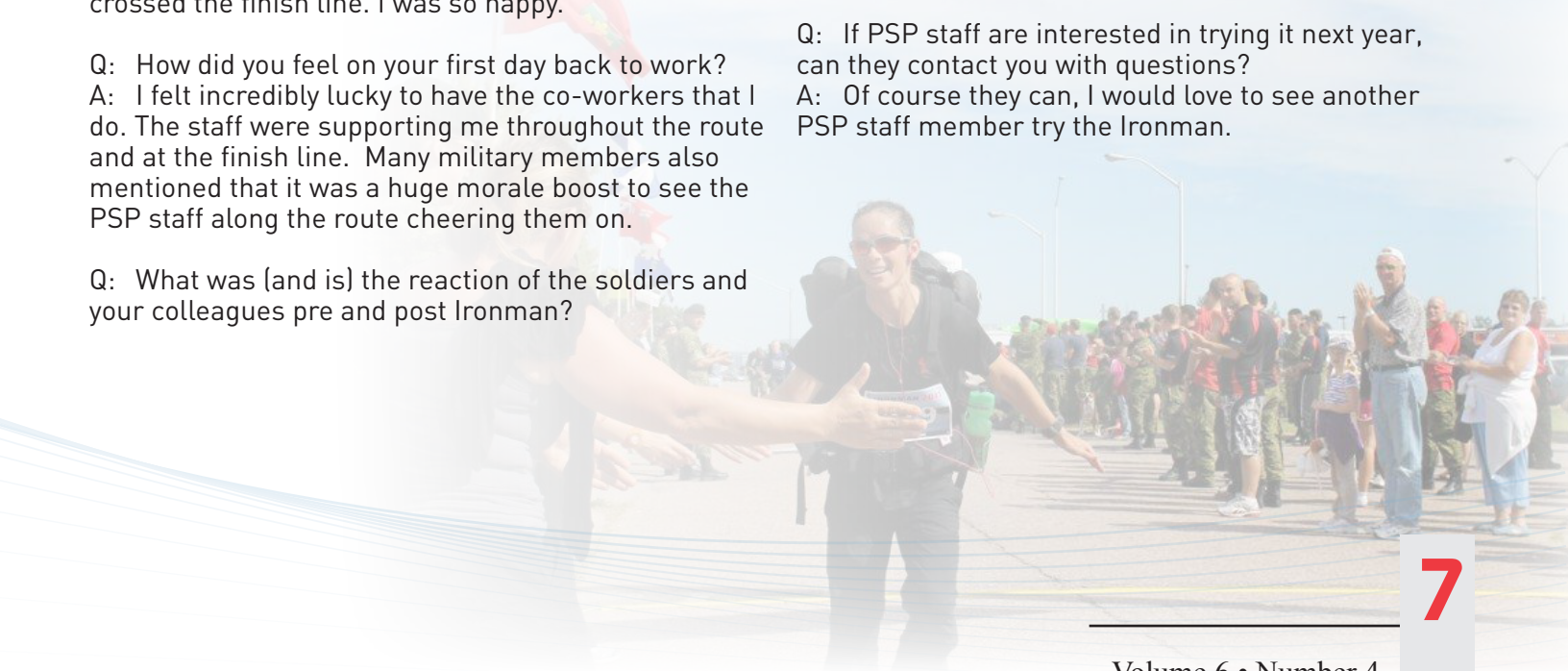
A: I think that the military members may think that I'm more credible. They want to see that PSP Fitness Staff practice what they preach, that Fitness Staff lead by example.

Q: What advice would you give to other PSP staff to increase their credibility within their base/wing?

A: Get out with the soldier's as much as you can. Show an interest and get to know them and what they do. Lead by example - they notice. I'm not saying that you have to do everything they do but I can tell you they want to see you out there running, doing push ups, doing pull ups, in the weight room. It's noticed. The fitness staff on bases/wings are very visible.

Q: If PSP staff are interested in trying it next year, can they contact you with questions?

A: Of course they can, I would love to see another PSP staff member try the Ironman.



“Great Canadian Death Race” in my Own Words

By Patricia Patten-Labrecque, Fitness Leader, CFB Wainwright

Last year I decided I was going to attempt the Death Race...Solo. The race includes running for 125km over rough and rocky mountain trails and sometimes wet or snow-covered, over three different mountain summits while gaining over 17,000 feet in elevation, and crossing over a major river by raft! I started training quite diligently in February because I had never run anything longer than 15 km. As the months rolled by and my runs became full day adventures out in the Battle River Valley I was getting up at 0430 hrs to train for 3 hrs before work and then a few of hours after work. Finally, I travelled out to Grande Cache 3 weeks before the race and ran legs 2/4 and part of 5. I came back feeling prepared and ready to see how far I could push myself.

The day of the race I was feeling really good. My weakness came in the downs! Anyone who has experienced prolonged downs knows your knees start screaming at you. There is a very steep portion on leg two, you summit a mountain (6500 feet) and then it is straight down. Leg 4 is infamous for summiting mount Hamel which is almost 7000 feet and is 38 km long. Leg 5 normally not bad except... 5 hours of heavy rain causes paths to become mud bogs...treacherous with the ups and downs. Just before sunrise it was cold and windy...I couldn't feel my hands anymore and my feet were soaked and full of mud. I was walking as fast as possible to just get to the finish line. Finally I could see the town of Grande Cache and I was able to jog to the finish line in 22:49:15. The experience was amazing, exhausting and unforgettable. Putting yourself into a situation that allows you to see how far you can go against the elements is exhilarating.

Meet CFB Gagetown



Back Row (L to R) - Erin Dwyer (A/Fitness and Sports Director), Ed MacDougall (A/PSP Manager), Stephanie Haynes (A/Health Promotion Manager), Albert Wybenga (Fitness and Sports Instructor/Assist Mil Sports Co-ord), Bob Fuller (Military Sports Co-ord), Brian Knowles (Maintenance Person), Tracey Rohrback (Health Promotion Admin Assistant), Billy Cromwell (Fitness and Sports Instructor), Anne Atchison (Physical Exercise Specialist), Krista Grant (Regional Adapted Fitness Specialist), Rhonda O'Quinn (Fitness Admin Co-ord)

Front Row (L to R) - Justin Horton (Fitness Leader), Jill Babin (Fitness and Sports Instructor), Dave Knowles (Storeperson), Allison Power (Health Promotion Manager), Alicia Grant (Fitness and Sports Instructor), Emily Wetmore (Fitness and Sports Instructor), Rebecca Harrison (Fitness and Sports Instructor), Christopher Schnare (Fitness and Sports Instructor), Dave Shirley (A/Fitness Co-ord), Jessica Hood (A/Health Promotion Director)



Changes to PSP Fitness, Sports and Health Promotion

PSP Staff	Position	Location
Heather Williams	HPM	Esquimalt
Claudie Descoteaux	coordonnatrice Conditionnement Physique	Bagotville
Ed MacDougall	A/PSP Mgr	Gagetown
Erin Dwyer	A/FSD	
Jessica Hood	A/HPD	
Stephanie Haynes	A/HPM	
Emily Wetmore	FSI	
Travis Pearson	lifeguard	Petawawa
Valerie Savard	FSD	Borden
Noel Wallace	FSI	Comox
Alyssa Jesson	FSI	Esquimalt
Sylvain Verrier		
Matt Kingstone		
Ms. Melanie Giroux	FSI	Winnipeg
Melanie Sanford	FSI	North Bay
Geoff Winchester	FSI	CFSU Ottawa
Simon-Pierre Lamoureux		
Laura Stevenson		
Lauren Walton	FSI	Greenwood
Jason Topp,	PES	Toronto
Lindsay Hill	FSI	Toronto
Cindy Zhou	PSP Administrative Assistant	Toronto
Jackie Pacheco	HP assistant	Toronto
Dominic Demers	FSR Coordinator	5 Wing Goose Bay
Tyson Haeh,	Arena Attendant,	4 Wing Cold Lake
Jordan Miller	Arena Attendant,	4 Wing Cold Lake
Yanick Pestell,	Arena Operator,	Cold Lake
Paige Mattie	Research Assistant	PSP HQ, Human
Sarah Saucier		Performance Research
Katie O`Hearn		and Development
Anna Fuite		
Rachel Blacklock	Research Manager	PSP HQ, Human
Phil Newton		Performance Research
		and Development