



# Promoting HEALTH & FITNESS

## A message from DFIT

Is the CF Health and Physical Fitness Strategy having an impact on Fitness in the CF?

This is one of the fundamental questions that will determine whether the Health and Physical Fitness Strategy is deemed a success. Ongoing feedback from Bases and Wings along with HRMS data from FY 2006/2007 to FY 2009/2010 certainly leads us to believe that we are on the right track. We know that since 2007 a greater percentage of Regular Force Personnel are participating in an annual fitness evaluation (71% to 85%) and meeting the minimum fitness standards (68% to 84%). HRMS data also shows that the percentage of CF personnel medically excused and failing their fitness evaluation has decreased but does this actually equate to an increase in fitness? Although these results are positive and show a commitment by the CF to make leaders accountable for individual and unit fitness they do not necessarily correlate to an increase in actual fitness levels.

To help answer this question DFIT have, once again, looked to our field fitness staff for assistance. In December we provided each Base/Wing with a representative sample of names and asked them to forward a photocopy of each member's DND 279s dated from 2006 to 2010. The sample size was dependant on Base or Wing strength but varied from 3 to 142. Similar to our Remedial PT report published in the spring of 2010, results will be analyzed and a report produced and presented to the CF Health and Physical Fitness Advisory Committee in May 2011. Bases and Wings will also be provided location specific results which can then be compared against CF and Command fitness means.

We thank you for your continued support and assistance. For more information on this DFIT initiative, please contact Mr. Ben Ouellette at 613-995-7794



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## We need your feedback!

We need to know what you think of our newsletter and would appreciate if you could provide the following information to the editor: [jacqueline.laframboise@forces.gc.ca](mailto:jacqueline.laframboise@forces.gc.ca)

One email/base please.

- 1 - Who reads the newsletter on your base. (i.e. PSP manager, FSD, PES, RAF, HPD, HPM, FC, FSIs etc)
- 2 - Do you find it useful? Please provide comments.
- 3 - What would you like to see included?
- 4 - What do you like the best about the newsletter?

# Injury Prevention

Ben Ouellette and Jacques Adam

The 2008/09 CF Health and Lifestyle Information Survey shows that sports and physical training are associated with close to 50% of all CF injuries. Increasing the level of education and awareness is an important component to addressing this significant issue. The Directorate Force Health Protection (DFHP) Strengthening the Forces cell in collaboration with the CF Injury Prevention and

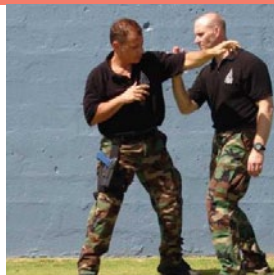
Active Living Working Group and other DND partners have created a number of educational and awareness packages titled "Injury Reduction Strategies for Sports and Physical Activity".

Partnerships between PSP Health Promotion and Fitness, Sports are key to the program's success. Health Promotion will deliver these StF standardized education

and awareness sessions but Fitness and Sports Staff will play an equally important education role. We ask that all Fitness and Sports staff become familiar with the StF material and take advantage of their unique roles and responsibilities and continue educating CF personnel on injury prevention concepts and proper fitness training practices.

## Regional Adapted Fitness Specialist Training

"Eight (8) Regional Adapted Fitness Specialists (RAFS) were hired in 2008 to work directly with ill and injured CF personnel that are posted to the JPSU and/or are part of the Return to Work (RTW) program within their respective region. This essential service is intended to complement the services provided by the physiotherapists and occupational therapists in a collaborative effort to maximize recovery and functional independence. As you can imagine, RAFS require specific skills sets and knowledge to help their unique clientele. This past November 2010, DFIT held its first RAFS professional development training (PDT). The training was held in Toronto from the 1st to the 3rd of November and linked with the CSEP conference. Guest speakers presented on topics that included Conflict Resolution and Ethics, Alternative Therapy for Occupational Stress Injury, Post-rehab Exercise Testing and Prescription, and Promoting Active Living for People with Physical Disabilities.



## PSP Tactical Athlete Instructor Course

Developed over the past year, the PSP Tactical Athlete Course is the result of an increase demand for PSP Fitness staff to become knowledgeable in the delivery of more complex exercise techniques. These techniques includes, but are not limited to, Olympic lifts and speed/agility exercises.

PSP staff who attend the 8 day course will learn advance exercise techniques and be taught how to deliver a standardized 3-day user clinic which will then be delivered on their Base or Wing.

**The first PSP tactical athlete instructor course is being held in Borden from February 7-18, 2011.**

# Adventures in Research

## Project FORCE (Fitness for Operational Requirements of CF Employment- Revalidation of the Minimal Physical Fitness Standard)

### Phase 1 (Identification of essential, common and physically demanding tasks)

Throughout Phase I, the Project FORCE research team has conducted hundreds of in-depth interviews with CF Personnel who have been involved in various CF Operations over the past 20 years. These operations include combat operations, disaster relief (both domestically and abroad) as well as other forms of aid to government agencies. Combining the results of these interviews with the output of extensive literature and document reviews, as well as data from past and concurrent projects, a list of approximately 72 physically demanding roles performed on operations was generated. This list of roles was brought to subject matter experts in mission planning (both domestic and foreign) to determine which could realistically be expected of all CF personnel regardless of occupation, rank or environment. The 12 tasks which were deemed common and essential by these SMEs reflect the roles CF personnel could be required to perform in (1) protecting themselves, others or designated establishments; (2) Rescuing CF personnel or members of the general public; and (3) general military duties for CF operations or assistance to other government agencies. Once their demands are quantified in Phase II, these tasks will eventually form the basis for the new CF-wide fitness standard and program.

**\*\*Phase 1 was 'blessed' by the CDS and Armed Forces Council on 12 January 2011, which allowed the initiation of Phase 2.**

### Phase 2 of Project FORCE is in full FORCE!

This spring military subject matter experts will sit down with PSP research staff to design "scenarios" such as "escape to cover" and "sandbagging for flood relief". Following this process we will be visiting Navy, Army and Air Force bases across Canada to run approximately 16 CF participants through each scenario, while measuring a variety of physiological responses including heart rate and oxygen consumption. Once we know which bases we will be visiting, we will need your help in 2011 to run these trials. It will prove to be a great research experience and an opportunity for you to experience what PSP research staff do!



**Column of troops marching towards their raid objective**

## Army makes PSP pay for a change!

In the context of project LOPPS (Land Operations Physical Performance Standards), two members of the PSP Human Performance team based in Ottawa, Assane Niang and Christopher Driscoll, recently attended pre-deployment training during exercises Reflexe Rapide and Maple Guardian at CFB Wainwright. The team members measured the physical demands of different tasks using GPS units and heart rate monitors. In addition, they got to feel the demands of some tasks first hand including an all-night raid in which they walked over 11 km in the pitch black trying to keep up with the first battalion of the R22R and maintain their 5 m spacing without the aid of night vision.

The data collected will be used by the project's primary investigator, Dr. Tara Reilly, in order to aid in the review of the Army's annual fitness testing; specifically with regards to the loaded march. The objective is to provide the Army with a test that accurately represents the demands of a soldier's job in terms of distance, load and speed.

# Adventures in Research (cont'd)

## Life After RFT/WFT

Since Oct 2006, regular force recruits no longer undergo fitness testing at the recruiting centres. Rather, they are tested in the early stages of BMQ, where those who do not pass their EXPRES evaluation are diverted to the Warrior Fitness Training program (WFT - formerly known as RFT) for intense remedial conditioning and health promotion education. DFIT has recently launched a follow-up study to examine the long-term effects of participation in this program. In the coming months, WFT/RFT graduates from 2006-2008 will be receiving a survey asking them for information about their physical activity involvement, dietary habits and fitness test results.

## PSP Prompts Change in CF Small Arms Competition

This year the CFSAC (small arms competition) at Connaught Range changed the casualty drag portion of their competition from using a very light casualty (appx 20lbs), to a 72.6kg dummy, significantly increasing the physical demand (Maple Leaf, October 2010). Human Performance researchers Dr T Reilly and Simone Olinek attended this competition in 2008 and suggested that the 20lb mannequin was not representative of a real casualty. DAT LFDTS is responsible for CFSAC and were responsive to the changes recommended by the HP Researchers and wanted to be consistent with the LFCPFS (BFT) casualty drag fitness test which employs a 70-82kg dummy. Now the competition reflects the demands of the new standard and is more occupationally relevant!

## Did you know?

1. Common physically demanding tasks for the Navy include shipboard fire fighting, flood control, lifting and carrying, manoeuvring through ship up ladders, through hatchways, etc., line handling and casualty evacuation.

2. Working and living aboard a moving platform (such as when sailing) can add as much as 30% to energy normally expended.

3. Heart rate measured with 44 Navy personnel during a simulated shipboard fire fighting circuit averaged 80% of heart rate maximum.

4. A whole ship evolution is a task performed and completed onboard an HMC ship that involves anyone or everyone available onboard, regardless of department or rank.

## Great Work PSP Field Staff

### PSP team in Cold Lake proudly receive the Wing Commander's Commendation

By Pascale Lalonde, Communications Advisor, Ottawa



On January 25th, the 4 Wing PSP team has joined together to receive the Wing Commander's Commendation, recognizing the exceptional and unparalleled support to the 4 Wing community and Cold Lake region over the past year.

This type of recognition was unexpected by the team but so well received. "The write up highlighted some activities of all PSP sections which made everybody happy and really showed that as a team we can make anything happen" said Diana Warbeck, Personnel Support Programs Manager.

The 4 Wing Commander, Col David Wheeler, took the opportunity to express his happiness and satisfaction with the programs and services provided by the PSP team.

# Great Work PSP Field Staff (cont'd)

## Petawawa's 2nd Annual Fall Family Run/Walk a Success!

Thanks to the great efforts of an enthusiastic committee chaired by Becky Olstad, Fitness Coordinator, at CFB Petawawa our second annual Fall Family Run – promoting Health and Fitness for Life was a success!

Although only 80 participants pre registered, Mother Nature motivated 178 to complete the 1, 5 or 10 km non competitive events! With almost 50% of CF Personnel and their families living within local communities it is important for us to support events that benefit our communities. Our county (Renfrew County) has one of the highest rates of obesity, type two diabetes and cardiovascular

disease. Geographically it is also the largest county in Ontario, so there is a lot of driving. This years run was organized to encourage active living and a healthy lifestyle. We wanted to promote safe use of trails and roads, encourage active family activities, provide healthy snacks and have fun!

Thanks to the support of 1 RCR and the base, we were able to set up a kiddie commando obstacle course. The recreation department of CFB Petawawa also set up large active games for families, and CANEX and Moncion Market provided an abundance of fresh fruit for the morning.

The runs were a success with a number of participants completing their first event. We raised just over \$2700 which was donated to the Town of Petawawa for improvements in the Bike Skills Park (or pump track as the kids call it!).

We look forward to another successful event in 2011!

## 8 Wing/CFB Trenton wins Canadian Forces Health and Physical Fitness Award

8 Wing/CFB Trenton was nationally recognized for their commitment to health and physical fitness during the annual Canadian Forces (CF) Sports Awards achievement dinner, held November 6 in Ottawa. The Air Force nominated 8 Wing for the award, emphasizing its commitment to health and physical fitness through local initiatives such as partnering with the Military Family Resource Centre (MFRC) to ensure that CF personnel and their families have access to programs that encourage positive health and fitness choices. Injured, medically-referred personnel have access to a "Return to Function" facility that helps them with a structured exercise program once their physiotherapy has been completed. The Wing also organized fitness events such as a Surf n' Turf multisport competition and the Wing Commander's Health and Fitness Challenge that promoted the Air Force and physical fitness to the Trenton-area community. Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton attributes much of 8 Wing's success to the efforts of the Trenton PSP staff. "I am extremely grateful to all our health and fitness staff for their ongoing commitment to the physical and emotional well-being of all the men and women who work tirelessly, day after day, to ensure our continued operational success."



Brigadier-General John Madower (left), Assistant to the Chief of Military Personnel, presents the award for Canadian Forces Health and Physical Fitness (Overall Winner) to Lieutenant-Colonel Sean Lewis (center), representing of 8 Wing/CFB Trenton and Chief Warrant Officer Kevin West (right).

Photo: Master Corporal Roy MacLellan, CFSU (0) Photo Services

## PSP on deployment

### Richard Schertzer, FSI, ship board HMCS Calgary

On Monday 13 September, 2010, I boarded the HMCS CALGARY at CFB ESQUIMALT and accompanied them during a navigational training mission. This local sail took us to Seattle, Vancouver and as far north as Campbell River; lasting 16 days. My duties on board were to teach three fitness classes per day including two Remedial Fitness classes, and also to assist CF Members with their own personal training programs. I had a full tour of the HMCS CALGARY, including the engine rooms; generator rooms; bridge; OPS; food storage facility and some other mechanical areas on board. I observed the crew as they performed scheduled training and other required duties like inspection and rounds. On the second night at 0200 hrs our ship responded to a mayday call in American waters, and our crew helped to remove a grounded fishing vessel from the rocks. Our Hull-Technicians boarded and assisted with plugging their leaks. It was an action packed night, and I quickly became aware of how intense things can become during a real emergency.

The port visits were well organized with sign-up sheets for various activities on land. Liaison officers for each port visit were in charge of researching and disseminating this information to the crew. The moral of the crew was high and some fun events were scheduled in the evenings that positively impacted this cause. I learned much from the sail, and this experience helped me understand how our CF Members must adapt to life at sea. I would recommend that all PSP Sports and Fitness staff be permitted to join a ship at sea for a minimum of 10-15 days. It truly was a great experience and it has helped me to more closely identify with my clientele here at CFB ESQUIMALT.

### Heather Williams , FSI, Ship Board on HMCS Algonquin

There are some things a PSP fitness instructor can never fully prepare for. Life on board a Navy ship is one of them. As I reflect back at my eight week deployment to Chile, Peru, Guatemala, and San Diego aboard HMCS Algonquin this Fall, little did I know how invaluable a deck of cards, a headlamp, and an iPod were.

A typical day consisted of remedial physical training at 0630 followed by three, one hour fitness sessions scheduled in between flying stations with the last class ending at 2000. Classes ranged from yoga when the sea state was calm to hill running during ship maneuvers. In between classes I found myself busy with personal training for "The Biggest Loser" competition I organized as well as involving myself in several Navy tasks. I participated in a light jackstay, flew the Sea King, shot a variety of weapons including the MP5 submachine gun, C7 assault rifle, and the Sig Sauer pistol, took the conn during a man-overboard drill, role played a drug smuggler during a boarding exercise, and successfully rid myself of dirty Tadpole status during the crossing of the line ceremony.

I am very thankful for the opportunity to experience life on board a Navy ship as a PSP fitness instructor, but more importantly I am relieved to call myself a Trusted Shellback!

### Dan Bourgoin in Afghanistan

Welcome back Mr. Dan Bourgoin to the National Physical Fitness Coordinator position. Over the past 6 months Dan was deployed in Afghanistan as the Operations Manager and acted as the Moral and Welfare Manager while his supervisor was on leave. This being his second tour, his time in theatre helped him reacquaint himself with the Military culture. More specifically, he gained a better appreciation of the challenges and best practices of fitness in theatre. Due to working with a diverse demographic of people, ranks and trades, Dan has acquired transferable knowledge and skills that will help benefit our department when dealing with issues within the Directorate of Fitness.

# Meet the Esquimalt staff

## Health Promotion



Christine Blackburn, Administrative Assistant  
 Maryse Neilson, HP Director  
 Krista Durand, HP Manager  
 Elese Francis, HP Manager  
 Dorion Dellabough, HP Manager

## Fitness & Sports

### L to R, Top to Bottom:

Alli Jones (FSI), Alyssa Hindle (Fitness Coordinator), Les Alexander (Fleet Fitness, Sports, and Facility Coordinator), Carol-Lynn Ross (PES), Alicia Whyte (FSI), Lyndal Morrison (FSI), Ben Stebbins (FSI), Matt Carlson (FSI), Scott Allison (FSI) Kim Miller (FSI Supervisor), Hilary Hodge (FSI), Emiko Ihara (FSI), Vince Thompson (Gym Attendant), Tom Campbell (Facilities Coordinator), Ursula Mjolsness (FSD Assistant), Dave Molinari (PSP Manager), Heather Catte (Kiosk Supervisor), Gillian Hawes (FSI), Chris Rehor (FSI Supervisor), Danielle Sutherland (FSD), Karen Rajala (PSP Manager Assistant), Richard Schertzer (FSI), Heather Williams (FSI), Bruce Hannam (Sports Storesman)



## PSP Staff updates

Name	Position	Location
Michelle Cormier	Navy Physical Fitness Manager (returns from maternity leave)	HQ
Christine Charron	Fitness Programs Coordinator, (returns from secondment)	HQ
Sophie Delisle-Drouin	Health Promotion Delivery Manager	HQ
Marcel Roy	Program Development Manager	HQ
Aaron Grainge	Directing Staff	PSP Training Centre
Penny Blanchard	FSD on maternity leave	Esquimalt
Danielle Sutherland	seconded to FSD	Esquimalt
Melissa Crawford	PES	22 Wing North Bay
Martina Forster	Instructor	Comox
Katie Kennedy	Instructor	Comox
Jodi Anderson-Carson	Instructor	ASU London
Jena MacLeod	PES	Greenwood
Carl Brown	Instructor	Greenwood
Tracy Campbell	Instructor	Greenwood
Matt Carlson	Instructor	Esquimalt
Alyssa Hindle	Coordinator-mat leave	Esquimalt
Hilary Hodge	Instructor	Esquimalt
Alli Jones	Instructor	Esquimalt
Lyndal Morrison	Instructor	Esquimalt
Ben Stebbins	Instructor	Esquimalt
Andrea Fahlman	Instructor	15 Wing Moose Jaw
Carly Stevenson	Fitness Coordinator	15 Wing Moose Jaw
Monica Chokley	Coordinator-1 year backfill for Lisa Refausse who is with HP	Trenton
Caitlyn Salisbury	Fitness Coordinator	Kingston
Miriam Connolly	Instructor	Halifax
Denee Gallant	Instructor	Halifax
Arlene Perry	PES	Halifax
Joshua Tanner	Instructor	Halifax
Joel Waterfield	Instructor	Halifax
Steve Corbin	Instructor	CFSU (0)
Darcy Worthylake	PES-acting	CFSU (0)
Jen Lecuyer	Fitness Coordinator	Borden
Jeff Moyle	PES	Borden
Mike Pridding	Instructor	Borden
Ryan Thompson	Instructor	Borden
Budgell, Matthew	Attend Arena	Cold Lake
Keeking, Jordan S.	Attend Arena	Cold Lake