



Promoting HEALTH & FITNESS

A message from DFit

This past February the Directorate of Fitness (DFit) staff met over two days to outline the year's DFit Operational Plan activities. The exercise was an opportunity to review the previous year's successes and disappointments while looking forward to 2011/2012 directorate priorities.

Successes from 2010/11 included:

- i. the adoption of a revised Casualty Drag within the Land Force Command Physical Fitness Test;
- ii. the completion and CDS/AFC endorsement of Project FORCE Phase 1;
- iii. the launch of the www.CF EXPRES.ca website in which over 8600 fitness programs have been downloaded (11 months); and
- iv. the inclusion of both the PSP Tactical Athlete and the revised Advance Fitness Training Assistant courses within our PSP Training Centre curriculum.

There were also a few disappointments, the most significant being the lack of a forum for our

B/W/U Directors to meet and share best practices.

As we look forward to 2011/2012 we have outlined a number of DFit priority areas:

- i. Launch and full implementation of a revised CF Exercise Prescription program via the DFIT.ca Operational Fitness Website;
- ii. Completion of the Project FORCE Ph 2 data collection;
- iii. Organization of a PSP/DFit Symposium where Fitness and Health Promotion Directors will share best practices and tackle some of our program delivery challenges; and
- iv. Implementation of a Base, Wing and Unit CF EXPRES reporting process that will allow DFit to annually quantify physical fitness levels in the CF.

Further details on the DFit Business Plan and our 2011/2012 activities can be requested through Sharon.Chernow@forces.gc.ca

Thanks again for your ongoing support.

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

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?

In this Issue

- 2 PSP leadership Workshop for Middle Managers
- 2 SAR Tech Physical Fitness Selection Test
- 2 Common Military Task Fitness Evaluation
- 2 PSP Tactical Athlete Instructor Course
- 3 CSOR Pre-Selection Physical Fitness Training Program
- 3 Project FORCE
- 3 PSP Training Centre - Course schedule FY 2011-2012

4 Great Work in the Field

- 4 PSP & the Delivery of Military Physical Training: a perspective from Wainwright
- 5 News from the Bagotville PSP Team
- 5 17 Wing Winnipeg hosts Air Force Physical Fitness Workshop
- 6 Trial testing New Health Promotion Program at 15 Wing
- 6 CFB Petawawa Winner for Land Force Command Health and Physical Fitness Award!
- 7 February was Heart and Stroke Month
- 7 Caught in the Act of Supporting Unit Health and Wellness
- 8 Congratulations PSP on a job well done
- 9 Meet PSP Fitness and Sports Bagotville
- 10 Changes within PSP Fitness, Sports and Health Promotion

PSP Leadership Workshop for Middle Managers

The Canadian Forces Middle Management Leadership Development Course (CF MMLDC) is designed to provide military officers and civilian middle managers with the skills and knowledge required to manage the human, financial, material and information resources of the Department of National Defence/Canadian Forces.

From 14-25 February, through a strong partnership between DFit and CFTDC the CO CFTDC hosted a course exclusively for PSP staff. The course was delivered by the CFTDC Detachment Saint-Jean and attended by 19 PSP personnel from various Bases/Wings. We hope that this training will become an annual occurrence.

Common Military Task Fitness Evaluation (CMTFE) May 10-13, 2011 at CFLRS

CMTFE testing was held at CFLRS St. Jean from May 10-13. The next scheduled evaluation will be held 13-16 September, 2011 and will be announced via an upcoming CANFORGEN. CMTFE testing is available for CF members in accordance with DAOD 5023-2 Physical Fitness Programs or when directed by Director Military Career Administration (DMCA) due to a permanent medical condition. Inquiries can be directed to Jacqueline.Laframboise@forces.gc.ca.

SAR Tech Physical Fitness Selection

The new SAR Tech Physical Fitness Standards for Canadian Forces (CF) Search and Rescue Technician (SAR Tech) Applicants has been accepted by the Air Force and SAR Tech communities. An Ops manual and accompanying Physical Training program guide for applicants will be distributed early this summer. The new test includes a loaded (25kg) uphill walking treadmill test, an equipment carry (shuttling 40 m alternating between 110-115lb and unloaded) and a 750m swim with Fins. Testing is scheduled to start this summer. Inquiries can be directed to Jacqueline.Laframboise@forces.gc.ca.

PSP Tactical Athlete Instructor Course

From February 8-17, the PSP Training Centre in Borden hosted 16 PSP Fitness and Sports Instructors and Fitness Coordinators for the PSP Tactical Athlete Instructor Course. This train the trainer course is designed to prepare lead instructors in the delivery of a 3 day Tactical Athlete Training Program user clinic. The course covered topics that included advanced exercise techniques, practical sessions and the delivery of classroom and practical sessions.

Qualified instructors can now offer a 21 hour user clinic focused on functional training for operations by covering topics such Olympic lifts, speed, agility, quickness and plyometrics.



CSOR Pre-Selection Physical Fitness Training Program

Mark Carlson, Program Development Officer, CANSOFCOM.

A 12-week Pre-Selection Physical Fitness Training Program has been developed to assist future CSOR applicants with their physical preparation for the CSOR Assessment Phase (AP). The foundation of the training program is based on: (i) a task analysis of the physical demands of the AP; (ii) heart rate data collected during the AP; and (iii) statistical analyses on the physiological profiling of CSOR applicants. Key performance variables including VO_{2peak} (aerobic capacity), 1-RM squats (lower body strength) and number of continuous pull-ups (upper body strength) were identified. The 12-week training program incorporates a number of training modalities to address the underlying fitness constructs (such as aerobic capacity, muscular strength and endurance etc.) important for performance during the AP. The undulating (non linear) periodization method was used as current research shows that this method of training yields better performance on job specific fitness testing. The periodization

scheme for the training program is 4 microcycles (each training cycle is one week), to 1 unloaded training cycle. The unloaded training cycle also serves as a week for applicants to check their fitness. This allows applicants to evaluate their current fitness level, monitor their progression through the program and adjust their training accordingly. Subsequently, three levels of fitness benchmarks were developed; level I corresponds to the interim pre-selection physical fitness screening test standards while level III (higher level) is set at the average scores of those applicants that previously completed the AP. The idea is that applicants would be physically prepared for the AP if they can achieve a level of fitness equal to the average of those who have already completed the process.

For more information of the CSOR Pre-Selection Physical Fitness Training Program, please contact Mark.Carlson@forces.gc.ca

Project FORCE (Fitness for Operational Requirements of CF Employment)

The Human Performance research team is preparing to quantify the physical demands of the 13 common military tasks identified in Phase1 of Project FORCE. Physiological responses, absolute loads and distances will be quantified to determine the most physically demanding of these tasks with the ultimate goal of creating the gold standard tests known as the CMT-FE. Subsequent data collections are scheduled on Bases and Wings starting this fall. See CANFORGEN 061/11 CMP 030/11 061405Z APR 11, http://vcds.dwan.dnd.ca/vcds-exec/pubs/canforgen/2011/061-11_e.asp for more information regarding Project FORCE.

PSP Training Centre - Course schedule FY 2011-2012 PSP Courses

| Course | Session | Location | Start Date | End Date |
|--------|---------|----------|------------|-----------|
| FIC | 2011-1 | Borden | 02-May-11 | 13-May-11 |
| FIC | 2011-2 | Borden | 08-Aug-11 | 19-Aug-11 |
| FIC | 2011-3 | Borden | 17-Oct-11 | 28-Oct-11 |
| FIC | 2011-4 | Borden | 05-Dec-11 | 16-Dec-11 |
| PES | 2011-1 | Borden | 05-Mar-12 | 09-Mar-12 |
| TAIC | 2011-2 | Borden | 30-May-11 | 10-Jun-11 |
| TAIC | 2011-3 | Borden | 22-Aug-11 | 02-Sep-11 |
| CPT | 2011-1 | Borden | 25-Jul-11 | 29-Jul-11 |

For more information regarding PSP courses, please contact Howie Woodruff at 705-424-1200 ext 2115.

PSP & the Delivery of Military Physical Training: a Perspective from Wainwright

Graeme Hill, FSR Director, CFB/ASU Wainwright

Physical fitness plays a critical role in the operational readiness of our servicemen and women. In his *Guidance to Commanding Officers* (2008), Chapter 22, the CDS says on the subject of the CF Physical Fitness Programme: “...it is about helping to set the conditions for success in operations”, and that it will “...not only increase strength, energy and endurance, but also improve an individual’s ability to cope with mental and emotional stresses”.

These two quotes illustrate the crucial importance afforded to military physical training clearly describing it as a cornerstone to military service. They also recognize that inherent to effective military physical training, are additional factors such as the development of mental resilience and robustness.

A few years ago in Wainwright, it was difficult to readily differentiate between recreational fitness classes and classes delivered to maximize CF operational readiness. To address this, we altered the style in which military fitness is delivered, specifically raising the commitment expectations placed upon the participants. This is not to say that we run around shouting and screaming like a throw back to the “old days”, but we do highly value and encourage “guts and drive” in coping with various class challenges. An individual’s fitness level is of little consequence, (although consideration is given to this element during class management), as individual fitness improvement will follow as a result of effort and commitment. Delivery of fitness classes in this

manner is not an easy task for the PSP Instructor who must:

- remain both motivational and clear on the goals of the lesson and the aims of the overall program.
- be committed to the task & skilled at getting as much out of each individual class participant as possible, using a variety of tools & techniques at their disposal.
- be “larger than life” in their delivery with “eyes and ears everywhere” whilst observing.
- react to what they see. There is no place in their class where a less than fully committed member can “coast”.

The role of the assistant instructor is just as active as they are an extension of the lead instructors eyes & ears, and as such are constantly “cutting about”, completely immersed and aware of the class activities and conduct. Class delivery in this style is not easy, in fact it should be tiring in itself; however the returns are very much worth the input.

“Serving Those Who Serve” is a tag-line we all know. To deliver military PT in any less of a demanding class climate is surely doing our CF a dis-service. In Wainwright we hope and endeavor to serve the CF effectively by delivering effective military PT.

Great Work in the Field (cont'd)

News from the Bagotville PSP Team

Zoé Grenon Girard, Acting Physical Education Specialist (PES)

Every year the PSP team has a number of opportunities to shine on the local scene, we just couldn't keep quiet about our sledge hockey game. On December 1, 2010, world day of hockey for persons with disabilities, as part of the Soldier On Program Zoé Grenon Girard our Acting PES organized a sledge hockey game. At 3 Wing Bagotville's Cpl Benoît Chevalier arena, some 50 military members and civilians climbed on sledges to be part of the game.

The idea was to bring people closer together and boost the troops' morale during the winter, which in this region can be lengthy. With this goal in mind, Claire

Deschênes, Community Recreation Coordinator, cooked up a colourful carnival for us. The PSP team was called on to provide a carnival air while umpiring local volleyball and ice hockey. And tourtière – classic Saguenay region fare – had to be distributed to make up for all the calories that were expended.

Of course this event called on co operation from the entire PSP team: Recreation, Physical Fitness, Military Sports, PES and of course Health Promotion Services. The carnival is certainly a 3 Wing Bagotville event that is an unqualified success, year after year!

And the action's not over yet! This event is only a foretaste of everything the Bagotville PSP team can do, and 2011 has only just begun!



17 Wing Winnipeg hosts Air Force Physical Fitness Workshop

By Todd Stride, AF Fitness Manager

An Air Force Physical Fitness Workshop was held at 17 Wing Winnipeg 8-9 Feb that was attended by the majority of Wing PSP Fitness and Sports Directors and physiotherapists. The primary focus of the workshop was to develop strategic initiatives to help reduce sports/fitness related injuries across the AF, while increasing each Wing's remedial fitness training capacity. The workshop sessions largely focussed on the sharing of ideas, promoting best practices and facilitated cooperation across all stakeholders (DFit, DFHP, CF H Svc Gp HQ, and Air Pers Mgt). This workshop served as a "first crack" at establishing a common Air Force framework that can help local service providers achieve common partnering when implementing program objectives specific to injury prevention and remedial fitness training. The 1 Canadian Air Division Chief Warrant Officer, CWO Guy St-Jean, opened the conference and praised the Air Force Fitness and Sports Directors for their outstanding work in helping the Air Force with the implementation of the CF Health and Physical Fitness Strategy.

Great Work in the Field (cont'd)

Trial testing New Health Promotion Program at 15 Wing

by Joy McLaughlin and Todd Stride

PSP Health Promotion staff at 15 Wing Moose Jaw, 16 Wing Borden, and 8 Wing Trenton have been selected to trial a new health promotion course that incorporates healthy lifestyle practices (health, physical fitness, alcohol, nutrition and stress) into Air Force training plans/courses. The new program "Air Force Healthy Lifestyle 101" was designed in collaboration with D Air Pers Mgmt, Air Force Training Ops and Directorate Force Health Protection (DFHP). The formalized Health Promotion (HP) package covers all of the core programs of the Strengthening the Forces Program (Addictions awareness and prevention, Injury prevention and active living, Social Wellness; and Nutritional Wellness.) and includes six hours

of classroom instruction. The course curriculum also includes some key messaging from LGen Andre Deschamps, Chief of the Air Staff on the importance of health promotion training, "The health of Air Force personnel is an essential and critical component of operational readiness as the ability to function in complex and demanding environments where strength, resiliency and endurance could be the difference between success and failure of an operation. For this reason the Air Force has worked with CF Health Services to develop a training package that will provide AF personnel with practical information on how to adopt a healthy lifestyle." The new program is currently being tested with students in the Flight Instructor

School and Course 1103 at 2CFFTS (Moose Jaw), AVN Tech QL3 course at CFSATE (Borden), and at a sampling of Units and Squadrons at 8 Wing Trenton.



Course candidates at 2 CFFTS get briefed on Canada's Food Guide during a period on nutrition.

CFB Petawawa Winner for Land Force Command Health and Physical Fitness Award!

Thanks to a collaborative approach between Health Promotion, Community Recreation, Fitness & Sports, CF Leadership and various departments across the base, CFB Petawawa was selected as the Land Force Command winner for the "2010 Health and Physical Fitness Award". Base Commander LCol W.K. Rudderham was invited to Ottawa last fall to accept the award on behalf of the base.

LCol Rudderham is very proud of the achievement, "We are fortunate to have such great support from PSP and leadership. Health is an individual as well as an organizational responsibility. We as leaders recognize the importance of wellness including, healthy eating, healthy weight, physical fitness and addiction free living. We must continue to support our soldiers in achieving mental as well as physical fitness".

Some of the highlights from 2010 include; Fall Family Run, Circuit for the Cause, Before and After School Programs, Brigade Fitness Challenge and Iron Man competition. The award is on display at Dundonald Hall.

Great Work in the Field (cont'd)

February was Heart and Stroke Month

The Health Promotion (HP) team at CFB Petawawa organized a Blood Pressure Education Booth, February 8-10, to help raise awareness around Heart Health and its importance. This year they partnered with CF medical staff at 2 Field Ambulance to help with Blood Pressure Readings, while offering a fun and interactive education prize wheel.

These awareness activities were held over a course of three days; two early morning timings

catching people getting ready to go for their morning PT and three afternoon sessions for those who passed by during their lunch hour. Together they had the opportunity to speak with close to 150 people ranging in all ages and trades.

The goal with the education booth this year was to raise awareness of health promotion programs and how many of the core HP areas are linked to heart health.



Pictured are;

Dana Lawson and Lucie Martin – spinning the wheel

Caught in the Act of Supporting Unit Health and Wellness by Melanie Bower, Health Promotion Manager, Halifax

The Halifax Strengthening the Forces Health Promotion team has been busy catching personnel in the act of healthy living. 12 Wing Shearwater's 406 Squadron was recently 'caught' maintaining a culture of wellness that supports and reinforces healthy behaviors. The squadron consistently scores high marks with a 100% EXPRES Test Compliance rate and 72% exemption score. By ensuring that its' members are healthy and fit to employ and deploy, 406 Sqn embraces the CF Health and Physical Fitness Strategy which encourages the CF to promote, facilitate and enhance a life-long culture of health and physical fitness

Senior level support and buy-in is vital to achieve and maintain optimal unit health. 406 Sqn CO, LCol Leis believes that fitness is one of the cornerstones of combat readiness and that the benefits are numerous. Fit personnel are more productive, operationally ready, and have less on-the-job injuries. A priority for LCol Leis is providing personnel with adequate opportunities and support to work on their physical fitness and wellness goals. One popular activity is the Friday afternoon squadron PT where you will find students and staff engaged in activities including circuit training, spin class, and floor hockey. In addition, all staff and students have

scheduled PT during the week and are encouraged to follow a self-directed fitness regime during their personal time.

The CO is building upon what prior leadership has done and is proud to supervise personnel who work hard at enhancing, maintaining, or improving their health and wellness. He commends the PSP Fitness and Sports staff for their ongoing support and encourages military supervisors to support personnel when they request permission to attend health promotion programs.

"Everyone benefits and personnel must understand and believe that time spent on health and wellness pays big dividends in individual and unit productivity".



Private Dave Lee (AVN course 1003)
and John Gillies PSP Staff

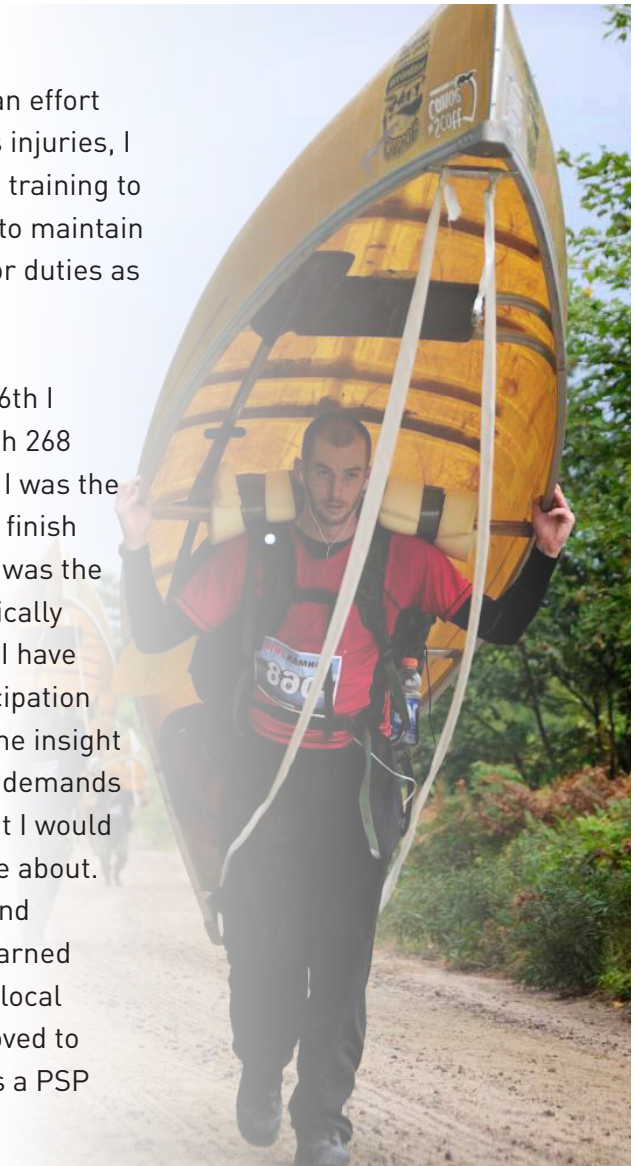
Congratulations PSP on a job well done

PSP participates in the IRONMAN

In September 2010 I had the privilege of competing in the IRONMAN race at CFB Petawawa as a PSP Staff member. This gruelling 50km race involved 38km of rucking, 4km of portaging, and 8 km of canoeing while carrying a 40 lb pack throughout. At the time as a Fitness Instructor and former track and field athlete, I was acutely aware of the physical, nutritional, and mental considerations of endurance competition. However, it became clear early in training that running with combat boots, a rucksack, sometimes a canoe, and at times when my body was conditioned to sleep, is an entirely different beast in itself. My work up training began in June where I started with light weights and short distances. As time went on, I slowly increased pack weight and the distances running as well as portage and

canoeing distances. In an effort to avoid repetitive stress injuries, I limited specific Ironman training to twice per week as I had to maintain my full Fitness Instructor duties as well.

At 0400 on September 16th I began the 50km trek with 268 others and 6:54.33 later I was the 21st person to cross the finish line. Without a doubt, it was the most mentally and physically demanding competition I have ever competed in. Participation in this race gave me some insight into the unique physical demands of Canadian soldiers that I would otherwise only speculate about. Furthermore, my time and effort in combat boots earned me the respect of many local CF personnel, which proved to be incredibly valuable as a PSP Fitness Instructor.



2010 CEO Award Winner

Hugo Cantin, Manager, Physical Education Programs,

CFB Saint-Jean, developed and implemented a new sports and fitness program structure. By the end of the year, there was a marked improvement in the success rates (66.5% to 99%) of the Officer Cadets' CF EXPRES scores. In addition, even without the help of a sports coordinator, Hugo successfully managed intramural sports programs and representative teams. He also helped develop schedules with the Educational Program Director, and sat on the MRC Orientation Committee.



Maryse Neilson, Esquimalt Health Promotion Director was nominated for and received the Maritime Forces Pacific Certificate of Achievement for creating Canadian Forces Base Esquimalt's Formation Health and Wellness Challenge in Oct 2009. Furthermore, due to the size and scale of this initiative, Maryse Neilson was also awarded the DGPFS CEO Award. In recognizing the value of this initiative for all of the CF, the Director General Health Services plans on a National role-out in 2011/12.

Meet PSP Fitness and Sports Bagotville



▲ Front row, left to right

Stéphane Lavoie, Sports Coord
Pauline Boulianne, FSD
Padoue Deladurantaye, Storesman
Catherine Harbec, Fitness and Sports Instructor
Claire Deschênes, Community Recreation Coord
Valérie Savard, Fitness Coord

Back row, left to right

Audrey Tremblay, PES
Martin Boulianne, Facilities Coord
Mario Bouchard, Fitness and Sports Instructor
Zoé Grenon-Girard, Fitness and Sports Instructor



Changes within PSP Fitness, Sports and Health Promotion

| PSP Staff | Position | Location | Date |
|-------------------------|-------------------------------|------------------------------|----------------------|
| Dan Puddicombe | Sports Stores Supervisor | Borden | Acting until Sept 30 |
| Justin Horton | Fitness Leader | Gagetown | 2011 |
| Jill Babin | FSI | Gagetown | 2011 |
| Noelle Daigle | FSI | Searwater | 2011 |
| Natasha Neave | FSI | Edmonton | 2011 |
| Richard Stauffer | FSI | Edmonton | 2011 |
| Katie Riddle | PES | Edmonton | 2011 |
| Michael Randall | Gym Monitor | Edmonton | 2011 |
| David Lyle | FSI | ASU Chilliwack | |
| Michelle Cormier-Brokop | Navy Physical Fitness Manager | HQ PSP | Back from Mat. leave |
| Katie Kennedy | FSI | 19 Wing Comox | 2011 |
| Martina Forster | FSI | 19 Wing Comox | 2011 |
| Robyn Dicesare | FSI | 19 Wing Comox | 2011 |
| Miriam Connolly | FSI | Halifax Fleet | 2011 |
| Joel Waterfield | FSI | Halifax Fleet | 2011 |
| Kristin Toomsalu | RAFS | South Western Ontario Region | 2011 |
| Ryan Thompson | FSI | Borden | 2011 |
| Geoff Winchester | FSI | CFSUO | 6 month contract |
| Hilary Hodge | Fitness Leader | Esquimalt | |
| Emiko Ihara | FSI | Esquimalt | |
| Clarise Lim | Fitness Leader | Esquimalt | |
| Graham Frost | FSI | Esquimalt | |
| Danielle Sutherland | FSD | Esquimalt | Penny on Mat leave |
| Gillian Hawes | Sport coord | Esquimalt | Acting |
| Caroline Houle-Laporte | PES | Saint-Jean Garrison | |
| Vincenzo Jr Varricchio | FSI | Saint-Jean Garrison | |
| Mélanie Cyr | FSI | Saint-Jean Garrison | |
| Caroline Boucher | PES | Saint-Jean Garrison | |
| Jonathan Fontaine-Duval | PES | Saint-Jean Garrison | acting |
| Mark Boates | Facility Coord | Trenton | Acting |
| Anthony Marsh | FSI | Trenton | Acting |