Physical Wellness

A Focus on the Pillar of the Body
October 2019 Wingman Support Day
Character Matters

Resilience

"I wish all of us as the Air Force would spend more time throughout the year talking about health, fitness, nutrition and sleep than the time we spend on the [PT] test."

Chief Master Sergeant of the Air Force
Kaleth O. Wright
The 5 Pillars

The Pillar of BODY includes:

- Physical fitness
- Rest
- Nutrition
- Recreation
## Overview

- **Why discuss physical wellness?**
  - **Fitness**
    - Cadets
    - Senior Members
  - Recreation
  - Nutrition

- **Rest**
  - Debrief
  - Ongoing Activities
Why Discuss Physical Wellness?

- This is one of CAP’s 5 Pillars of Wellness and Resilience
  - [https://capchaplain.com/resources/wellness/](https://capchaplain.com/resources/wellness/)

- We want to provide our Airmen and their Wingmen with the resources to live better
  - Our members are the single most important resource in the Civil Air Patrol

- This next year our focus will be on the Pillar of the Body
  - While every pillar in the model is a source of “personal strength,” it is the Pillar of Body that provides the literal strength to thrive
The National Commander has identified resiliency and suicide prevention as a problem we will focus our efforts on to come up with a plan and a program to support our members and their families.

The 5-Pillars model is being supplemented with activities such as:

- Annual Wingman Support Days (like this one)
- Annual Cadet Character Development Lessons on Resiliency
Bottom line, we want you to watch out for your wingman, and remember:

ASK, CARE, ESCORT

National Suicide Prevention Lifeline:
1-800-273-8255

National Crisis Text Line:
Text Home to 741741
Physical Fitness

“the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies.”

(Centers for Disease Control and Prevention)

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

(John F. Kennedy)
Health Benefits of Physical Activity

- Participating in an appropriate level of physical activity can prevent:
  - 1 in 10 premature deaths
  - 1 in 8 cases of breast cancer
  - 1 in 8 cases of colorectal cancer
  - 1 in 12 cases of diabetes
  - 1 in 15 cases of heart disease

- The health benefits of physical activity
  - Are generally independent of body weight
  - Span all ethnicities and genders
  - Outweigh the risk of physical injury and heart attacks during the activity
## Aspects to Fitness Regimens

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Cadet Physical Fitness Program

● Activities

○ Get moving!

○ The heart of the cadet fitness program is activities

○ Cadets will experience a range of fun, structured activities at squadron meetings and weekend events
Cadet Physical Fitness Program

- Academics
  - To get the most benefit from the program it's important that cadets understand the concepts of fitness, training, nutrition, lifelong wellness, and more
  - Cadets learn about these ideas in both classroom and hands-on lessons, then put them into action in their daily lives
Cadet Physical Fitness Program

- Attitudes
  - Cadets develop a positive attitude toward and relationship with fitness through the support of their squadron and their peers
  - New cadets start by working with a fitness mentor, and then become the mentors themselves
Assessment

- To plan where you're going, you have to know where you are
- A quarterly fitness test will help cadets identify current fitness levels for personal goal setting and progress evaluation
- This is what some CAP members think the entire Cadet Physical Fitness Program is... but there’s so much more!
Cadet Physical Fitness Program

- Awards
  - Celebrate cadets' efforts with a variety of awards
  - Different awards recognize every level of fitness at each echelon of the program
  - Also check out the Presidential Champions!, [http://fitness.foundation/presidential-champions](http://fitness.foundation/presidential-champions)
Recommendations for Physical Activity:

- School-Aged Children and Adolescents (6-17)
  - 60 minutes of physical activity daily at a moderate to vigorous intensity level
  - Aerobic: Moderate- or vigorous-intensity aerobic physical activity and should include activity on at least 3 days a week
  - Muscle-strengthening: As part of the 60 minutes or more of daily physical activity, on at least 3 days a week
  - Bone-strengthening: As part of the 60 minutes or more of daily physical activity, on at least 3 days a week
Senior Member Fitness Recommendations

● All Airmen in CAP can consider options for improving their everyday lives

● Take a look at the handouts and tips provided, and make the best decision that works for YOU
Senior Member Fitness Recommendations

- Identify Needs
  - This might best be accomplished together with your personal health care provider

- Increasing physical wellness might help Airmen have:
  - Increased mission readiness because of reduced illness
  - Improved morale and likely improved scores on the command climate
  - Improved work products that are typically completed in a shorter time period
  - Reduced periods of minor illness (e.g. “common colds”)
  - Improved concentration because of increased activity
  - Weight reduction which can result in the reduction of blood pressure, the reduction in blood sugar, and the reduction of risk for having a heart attack or stroke
Senior Member Fitness Recommendations

- Find Time
  - We live in a culture that places a lot of demands on each of us
  - Even if you cannot dedicate consecutive hours several times a week, you may be able to make adjustments that can help increase physical wellness
  - Refer to the Physical Wellness Sample Schedule for ideas, or work with a wingman to come up with what’s right for your situation
Senior Member Fitness Recommendations

- Set Goals, SMART goals can work here
  - Specific
    - Consider a certain number of steps each day, or a certain number of crunches
    - Don’t just plan to “be more fit” or “work out more”
  - Measurable
    - Use metrics you can track, steps, repetitions, miles, minutes, etc.
  - Achievable
    - This is personal to you, but remember… start as slowly as you need to
    - A “couch-to-5K” or similar plan takes time, don’t rush and hurt yourself
  - Relevant
    - Ensure your goals will actually meet your needs
  - Time-Bound
    - Give yourself a reasonable deadline to make progress
Senior Member Fitness Recommendations

- Use Resources
  - Healthcare provider
  - Local fitness center
  - Online tutorials (research the quality of the publisher)
  - CAP Health Service Officer
  - Your wingman
Senior Member Fitness Recommendations

- Partner for Success
  - Check in with a wingman to discuss your goals and progress
  - You’re setting your own personal goals, but you’re not alone!
  - Friendly competition and accountability partnerships can help you stay motivated
For adults (18+)

- The equivalent of 150 to 300 minutes of moderate-intensity aerobic physical activity each week, or 75 to 150 minutes of vigorous-intensity aerobic physical activity

- Adults also need muscle-strengthening activity at least 2 days each week

- Health benefits increase if individuals participate in >300 minutes of aerobic physical activity per week
Fitness Activity

- Using the Daily Flexibility Program handout, let’s do some stretching now!

- Use ORM to ensure this can be done safely

- Spend 5 minutes stretching out individually, or as a group
Recreation

“Refreshment of strength and spirits after work”

(Merriam-Webster’s Dictionary)

“If bread is the first necessity of life, recreation is a close second”

(Edward Bellamy)

“People who cannot find time for recreation are obliged sooner or later to find time for illness.”

(John Wanamaker)
Creating, improving and promoting places to be physically active can result in a 25 percent increase of residents who exercise at least three times per week and improve individual and community health (CDC).

Nearly half of individuals who participate in recreation several times a week state that they are “completely satisfied with the quality of their lives,” compared to just one quarter of nonparticipants (ARC).
# The difference between leisure and recreation

<table>
<thead>
<tr>
<th>Concept</th>
<th>Definition</th>
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<td>Leisure as time</td>
<td>Leisure is time free from obligations, work (paid and unpaid), and tasks required for existing (sleeping, eating).</td>
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<tr>
<td>Leisure as activity</td>
<td>Leisure is a set of activities that people engage in during their free time-activities that are not work oriented or that do not involve life maintenance tasks such as housecleaning or sleeping.</td>
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<td>Leisure as state of mind</td>
<td>Leisure depends on a participant’s perception. Perceived freedom, intrinsic motivation, perceived competence, and positive affect are critical to the determination of an experience as leisure or not leisure.</td>
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<tr>
<td>Play</td>
<td>Play is imaginative, intrinsically motivated, nonserious, freely chosen, and actively engaging. Play is typified by spontaneity, joyfulness, and inhibition and is done not as a means to an end but for its inherent pleasure.</td>
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<tr>
<td>Recreation</td>
<td>Recreation is an activity that people engage in during their free time, that people enjoy, and that people recognize as having socially redeeming values. The activity performed is less important than the reason for performing the activity, which is the outcome.</td>
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Source: [https://us.humankinetics.com/blogs/excerpt/definitions-of-leisure-play-and-recreation](https://us.humankinetics.com/blogs/excerpt/definitions-of-leisure-play-and-recreation), Table 1.1
# Types of Recreational Activities

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<th>Individual or Group</th>
<th>Organizational</th>
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<td>Can be performed on one’s own or within a group. These are loosely structured and participation is organized by the individual.</td>
<td>Independent Groups or Organizations develop programs which individuals can join to participate in an organized recreational activity.</td>
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**Examples:** Arts and Crafts, Music, Dancing, Museums, Reading, Games, Travel, Hiking, Camping, Biking, Sailing, Skiing, Volunteering

**Non-profit examples:** Civil Air Patrol, Boys and Girls Club of America, YMCA, National Recreation and Park Association

**For-profit examples:** gyms, spas, sports teams, dance troupes, social groups
Recreation Activity

- As an ice-breaker, we thought about different recreation activities that we have or wish to participate in
- Let’s discuss the activities that were brought up earlier, and why they might be beneficial
Recreation Final Thoughts

- As individuals, we should strive to participate in recreational activities that meet our needs for physical and mental wellness.
- We can meet these needs through participation in a variety of individual and community-based activities.
- Recreation is an important part of our wellness needs.
“Sleep hygiene is a variety of different practices and habits that are necessary to have good nighttime sleep quality and full daytime alertness.”

(The National Sleep Foundation)

"Sleep is that golden chain that ties health and our bodies together.”

(Thomas Dekker)

"A good laugh and a long sleep are the best cures in the doctor's book.”

(Irish Proverb)
● Why is it important to practice good sleep hygiene?
  ○ Obtaining healthy sleep is important for both physical and mental health. It can also improve productivity and overall quality of life. Everyone, from children to older adults, can benefit from practicing good sleep habits

● What are signs of poor sleep hygiene?
  ○ Frequent sleep disturbances and daytime sleepiness are the most telling signs of poor sleep hygiene. In addition, if you're taking too long to fall asleep, you should consider evaluating your sleep routine and revising your bedtime habits. Just a few simple changes can make the difference between a good night’s sleep and night spent tossing and turning

● Refer to your handout to see tips for improving sleep hygiene
“Our food should be our medicine, & our medicine should be our food.”
(Hippocrates)
Nutrition

- Unhealthy eating habits have contributes to the obesity epidemic in the US
- About ⅓ of US adults are obese 33.8%
  - 33.8% of the adult population
  - Defined as 20%+ over ideal weight
- About 17% of children and adolescents are obese
- By making smart food choices you can protect yourself from problems like
  - Heart disease
  - Diabetes
  - Osteoporosis
  - Some cancers
According to *Dietary Guidelines for Americans 2015-2020*, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs

How do we choose a healthy eating plan?

- Focus on foods you enjoy, but healthier options
- Fresh, Frozen or Canned Fruit (in water, not syrup)
- Fresh, frozen, or canned vegetables - try something new grilled or steamed
- Calcium-rich foods - a glass of low-fat or fat-free milk, low-fat or fat-free yogurt
- A new twist on an old favorite - try baking or grilling instead of breading and frying
Debrief

- It’s important to note, we spent a lot of time discussing exercise, but all 4 of the areas, physical fitness, rest, nutrition, and recreation, are all very important to the Pillar of the Body.

- Let’s take a few minutes to discuss your thoughts on the different topics we’ve covered related to physical wellness.

- If there is a need for further resources, these may be able to be made available through your chain of command or the Health Service Corps.
Ongoing Activities

● The Civil Air Patrol is walking to Mars!
  ○ Read about it at https://www.cap.news/civil-air-patrol-launches-walk-to-mars/
  ○ Log your participation at: https://www.gocivilairpatrol.com/members/cap-walks-to-mars
  ○ We can’t get there without YOU!

● Cadets can take part of the President’s Youth Fitness Program:

● Senior Members as well as Cadets can use their smart devices to track exercise, diet, and collaborate on progress
  ○ CAP does not endorse any particular app, and use caution when downloading
Additional Resources

- [https://capchaplain.com/resources/wellness/](https://capchaplain.com/resources/wellness/)
- [https://www.gocivilairpatrol.com/programs/cadets/library#Fitness](https://www.gocivilairpatrol.com/programs/cadets/library#Fitness)
- [https://www.sleepfoundation.org/articles/sleep-hygiene](https://www.sleepfoundation.org/articles/sleep-hygiene)
- [https://recipes.heart.org](https://recipes.heart.org)
- Special thanks to the University of Michigan’s [Metro Health](https://www.mh.org) for their exercise handout.