

Promoting Health & Fitness



PSP Director of Fitness

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Message from DFIT

The DFIT Newsletter continues to be an important communication tool for DFIT Staff. Whether we highlight milestones in research, provide updates on the development of new exercise prescription materials or inform Bases and Wings of significant local accomplishments, the newsletter provides a much needed informal communication tool for Field Staff and HQ. We realize that the newsletter alone will not solve all of our communication challenges but combined with quarterly Fitness and Sports Director conference calls and an increase in the number of Site Visits we continue to improve our capacity to keep you informed.

I also encourage you to submit your local success stories; in a time of diminishing resources your local successes demonstrate that the Health and Physical Fitness Strategy continues to have a positive impact on the health and physical fitness of CF personnel. We appreciate your contributions.

Health and Physical Fitness Strategy Audit

DFIT and the Director Force Health Protection (DFHP) are jointly undergoing a Chief of Review Services (CRS) Health and Physical Fitness Strategy Audit. These audits are common practice for large scale initiatives and should provide valuable recommendations for both PSP and DGHS as we continue to strive towards creating a culture of Health and Physical Fitness. DFIT has recommended that the audit extend its reach and consult with PSP Managers, Fitness and Sports Directors and Health Promotion Directors. This will likely occur in the form of email or telephone surveys. Stay tuned.

Common Military Task Fitness Evaluation (CMTFE) moved to CFRLS for Recruits and Testing

In Aug 2010, the DFIT Human Performance cell trialed the CMTFE at the Canadian Forces Leadership and Recruit School (CFLRS) in Saint-Jean sur Richelieu, Quebec. During the 3 day session, local PSP Fitness staff, St-Jean Directing Staff and members from the Warrior Fitness Training platoon had the opportunity to run through all 5 tasks in one morning! A great time was had by all. CFRLS is now considering using the test as a training objective during recruit training.

In addition, from September 14-17, the CMTFE was offered to CF personnel that had not achieved a pass for the CF EXPRES. See DAOD 5023-2 for more details on the CMTFE.

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*Ben Ouellette,
Senior Fitness
Manager*

*Switch Rousseau,
Fitness Program
Implementation
Manager*

*Marcel Roy,
National Physical
Fitness Coordinator*

Research and Development Updates

All in a Days Work - A Review of the CF Occupations

The Human Performance Team is reviewing all 102 Canadian Forces occupations for *The Occupational Fitness Standards (OFS) project*. The goal of this project is to update the list of psychologically and physiologically demanding tasks that are critical to each CF occupation. This project will also provide its end-users, such as Medical and (Military Career) Personnel Selection Officers, with an interactive tool to assist in the process of identifying suitable occupations for CF members. We have piloted our research process with SAR TECHs and following some minor changes are preparing to review ACS Techs. This multi-year project will consist of several data collections, as with other large scale initiatives. We are counting on the expertise and support of CF personnel to ensure its ongoing success.

Project FORCE: Fitness for Operational Requirements of CF Employment - A Revision of the MPFS

This large-scale, multi-year project is aiming to revalidate the minimal physical fitness standard in the CF. We are currently in Phase I of the project where the objective is to establish a list of common and essential tasks to form the basis of the standard. Our team is scouring the country seeking tasks that all CF personnel could be called to perform regardless of rank, environment or occupation. This phase involves extensive literature reviews, surveys, focus groups and consultations with subject matter experts. Look for project updates in the following newsletters.



Canadian Special Operations Regiment (CSOR) Interim Pre-Selection Physical Fitness Training Program

The DFIT/CANSOFCOM Human Performance research cell has developed and produced a CSOR Interim Pre-Selection Physical Fitness Training Program. The program is based on research and physiological data collected on candidates completing tasks during the CSOR Assessment Phase (AP) for Operators. The purpose of this comprehensive interim fitness training program is to assist potential candidates in their preparation for the rigorous physical demands of the CSOR AP.



The training program is separated into three levels (I, II & III) that are based on statistical analysis of candidates that completed the CSOR AP, and is designed to take potential candidates from Level I to Level III in 12 weeks. The program includes three Fitness Check weeks and a Taper week just prior to the onset of the CSOR AP. All exercise prescriptions are based on further statistical analysis of physiological data collected during the AP.

On-line Exercise Prescription

The On-line Exercise Prescription is an interactive tool that provides fitness recommendations to CF personnel who have recently completed or will be completed their CF EXPRES test. Since its role out in May, 2473 people have received an exercise prescription based on their CF EXPRES test results. Programs have been downloaded from the following countries: Canada, United States, Italy, Australia, Belgium, UK, Germany, Netherlands, Lebanon, France, China, Afghanistan, Philippines, Hong Kong, Israel and Bulgaria.

The site can be found at www.CFEXPRES.ca



CSEP-CPT Recertification Status

DFIT is currently coordinating the delivery of the CSEP-CPT recertification workshop. This recertification is a requirement of employment; therefore, the participation of all Fitness & Sports Instructors is mandatory and must be completed prior to 31 March 2011.

Currently, 8 CF Bases/Wings have received the recertification workshop, totalling approximately 100 Instructors. Another 8 locations are scheduled from September to November 2010 while the remaining Bases and Wings will be contacted shortly to coordinate completion dates.

Fitness & Sports Instructors that cannot attend the scheduled workshop at their CF Bases will be responsible for attending a workshop, at their own cost. Contact for CSEP Provincial/Regional Offices can be found at www.csep.ca/provinces.

Changes to Field PSP Fitness:

Health Promotion Admin:

*Andrea Wiesner;
Kingston*

*Melissa Tate;
Moose Jaw*

*Leslie Bedore;
Trenton*

*Heather Blake;
Petawawa*

Health Promotion Director:

*Joy McLaughlin;
Moose Jaw*

Health Promotion Manager:

*Marie-France Brunelle;
St. Jean*

*Lucie Martin;
Petawawa*

*FSD:
Penny Blanchard;
Esquimalt*

*Jean Daoust;
CFSU(O)*

FY 09/10 PSP EXPRES Test Results

DFIT received fitness test results of over 230 PSP Fitness Staff
Average EXPRES result: 20 MSR 8.8, HG 99, PU 31, SU 42

Top 20 MSR: stage 14 from Valcartier and stage 13 from Ottawa & Suffield

Top Hand Grip: 153 from St-Jean and 148 from Borden (2)

Top Push Ups: 75 from St-Jean and 65 from Greenwood & Winnipeg

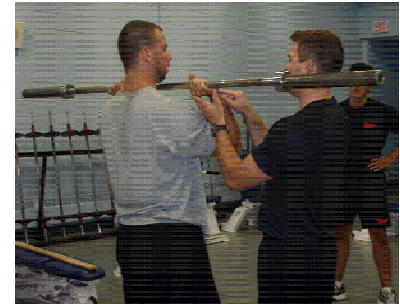
Top Sit Ups: 62 from St-Jean, Valcartier & Borden

Remember that achieving the incentive exempt standard on the EXPRES is an annual requirement for all FSIs, unless previously "grandfathered". We encourage all PSP staff to not only achieve the incentive level but to try to reach their maximum.

Combat Fitness Instructor Pilot Course (18,23,30,31 August 2010)

In August 2010, CFB Borden hosted a 5-day Pilot Combat Fitness Instructor course. The course qualified 5 PSP FSI's from CFB Borden to teach the 3-day Combat Fitness Program (CFP) user-clinic. The CFP user-clinic is designed to be delivered on bases and wings by local PSP and military staff with the aim of improving participants' ability to perform complex multi-joints lifts while also increasing focus on functional training.

The PSP Training Center will now pilot an 8-day Combat Fitness Instructor course that will provide PSP Fitness staff with additional tools required to effectively deliver the 3-day CFP user-clinic. The course will be open to PSP fitness staff from Bases and Wings, a warning order soliciting nomination will be sent this fall.



Firefighter Fitness & Wellness

Nicole Thomas, Firefighter Fitness & Wellness Manager

In April 2009, more than half of all DND/CF firefighters completed a Workplace Health, Safety and Wellness Survey. As a direct result of the report, the DND/CF Firefighter Wellness Committee focused its attention on addressing 4 key issues; i. nutrition ii. stress iii. sleep and iv. fitness.

In partnership with DGHS, existing Strengthening the Forces Programs have been tailored to tackle nutrition, stress, and sleep. Starting in September 2010, these courses will be delivered in fire halls across Canada. The committee is extremely grateful for the support provided by both StF and the local PSP Health Promotion staff.

We continue to strive to further educate Fire Chiefs and Deputy Fire Chiefs on their roles & responsibilities with regards to fitness while helping them establish local fitness routines in their fire halls. Your support in fostering these existing and new partnerships is appreciated.

If you would like additional information on our Firefighter Fitness and Wellness initiatives or would like to share your firefighter success stories, please feel free to contact me at 613-992-4628 or via email at Nicole.thomas@forces.gc.ca



Soldier-On Paddling Clinic

Wrapping-up the Soldier On 2010 Paddling clinic, a big congrats to our ill/injured personnel that worked their way through the water at the St. Albert Canoe and Kayak Club at Kirk Lake.

For more Info contact Sébastien Périgny-Lajoie RAF Edmonton



Firefighter Combat Challenge (FFCC)

From 2-5 September, the CF Fire Marshal FFCC National team performed extremely well at the National Firefighter Combat Challenge competition in Brampton ON. Here are a few of the many noteworthy results:

NXG2 (tandem) Female: Denise Townshend and Sara Lafreniere (1st Place);

Individual: Simon Robichaud (5th out of 187 competitors)

Relay Event: 4th overall (out of 40 teams); T

Team Event: 10th overall (out of 34 teams)

NXG2 open (tandem): Simon Robichaud and Jason Elder (4th Overall)

NXG2 open (Tandem): David Manuel and Adam Findley (6th Overall)

Congratulations to all team members for a job well done!

New Health Promotion Newsletter aimed at the Military DND client

CFB Esquimalt has launched their local newsletter which be found at :

www.lookoutnewspaper.com/health/index.html

CFSU (O) Health Promotion Pedometer Challenge 2010

Written by Maya Lightfoot

This year marks our 5th Health Promotion Annual Pedometer Challenge. This challenge is to promote walking as a way to reach better physical health as recommended by Canada's Physical Activity Guide. What a success! It all started in 2006, organized by Jacqueline Laframboise, we had 375 participants walk their way to a healthier body. This year, we had a whopping 1015 participants putting their best foot forward. What a great turn out! This challenge is set up to increase physical activity, but also to increase a little inter-team competition. Each group of 10 were split into two competing teams. To add to the fun, we had them make side bets such as "desk cleaning duties" or Timmy's coffee" for the winning team.

There were three categories for prizes to encourage participation. The first was an individual challenge for "perfect attendance". Every person reaching at least 10,000 steps per day, for 28 out of the 31 days were entered into a draw to win a prize. There were 299 people in this category! The second category was a team challenge. Any team of 5, who reached an average of 13,500 steps/person/day (as a team) were also entered into a draw to win a prize! There were 22 teams that managed this "feet". The third category was for Best Team Name. This one is always entertaining. Our top three names were: the "Walk-o-holics"; "the Agony of De Feet" and "Fire in the Sole".



PSP Certificate of Merit Presentation

During the Mess Dinner, held to celebrate CFTDC's 30th Anniversary, the PSP Training Centre Chief Instructor Howie Woodruff presented Maj Regan Legassie with the PSP Certificate of Merit. Maj Legassie as Commanding Officer of CFTDC provided TDO support for the development of the Physical Exercise Specialist Course, oversaw a thorough review of the PSP Instructor and BFTA courses, and facilitated a senior level focus group on the provision of PSP services for Class A Reservists; Initiatives which provided PSP with first rate training and much needed qualitative data, critical elements in raising the awareness and levels of health and physical fitness in the CF.



Sledge Hockey Workshop in Shilo

Written by Carolynn Derksen RAF

This event was conducted in February 2010, organized by Carolynn Derksen, Regional Adapted Fitness Specialist. The purpose was to raise awareness for adapted sport. There were over 30 participants. Coach Bill Muloin from the Manitoba Moose Competitive Sledge Hockey Team used drills to familiarize players with the sleds. The first few minutes were definitely challenging as individuals attempted to remain upright. During the game that followed people put a lot of serious effort into doing their team proud, but flashing grins were inevitable.



Experiencing first hand the level of fitness required instilled respect for the three other Winnipeg players that accompanied Coach Muloin. Darrin Luke and Sam Unrau were all over the ice, effortlessly (or so it seemed) passing the puck to teammates. Jonathon Derry defended goal with finesse.

Sledge Hockey is one of the few sports where able-bodied athletes and those with disabilities can participate on a level playing field. This was aptly expressed by one Shilo participant, MCpl Andy Haight: "...some of these folks are in a wheel chair ...Our eye levels are at different heights. When I was talking with them on the ice, I [realized] that we were all at the same level...I felt completely humbled as I watched these athletes fly around us like we were standing still, and firing off pucks like howitzers as we fumbled...Even as I type this I find myself making comparisons to 'us' and 'them', when for [that afternoon], it was just **us**."

Meet Petawawa PSP



Lucie Martin HPM, Dana Lawson HPD, Kevin Strachan HPM

Fitness and Sports



Front row-Left to Right: Necole Miller-Sterling Dominey-Grant Lamothe-Carol Groleau-Vicky Suckou-Ian Husk
 Second Row-Left to Right: Ed Landry-Andrea McIntyre-Kelly Poirier-Cindy Hamel-Jessica Merten-Selena Neily-Mike Augot
 Third Row- Left to Right: Richard Tatasciore-Becky Olstad-Kori Klein-Jo-Ann Tyrie-John Patay-Stephanie-Joyce Pearson

Health Promotion



Heather Blake, HPAA

We hope this has been informative. Please contact us with any comments or questions. Looking forward to more news in the future.
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