

**Free & Open
for
Everyone**

HEALTH PROMOTION OFFICE

Offutt AFB

**Scan QR Code
for
Full Details**

Dare to Soar in 2024!

Office & Bod Pod:

Located on 1st Floor of Ehrling Bergquist Clinic



Classes:

Held in Ed & Trg. Bldg. 4209 Behind the Clinic

20 Minute Bod Pod Appt

Discover What Your Body Composition is & How to Improve it
Call 402-294-5977 to Schedule

To Register for Classes Below, Email the Class You Plan to Attend and Phone Number to:

usaf.offutt.55-mdg.mbx.health-promotion-office@health.mil

These are all One-time Classes from 9-11 in Our Ed & Trg. Bldg. 4209 Behind Clinic. Please Arrive 10 Min Early.



Strategies for Diet & Exercise

For Increased Energy & Improved Body Composition
Provided the 1st & 3rd Wed Monthly



Healthy Thinking

For Inspired Living, Motivation, Peace, & Confidence
Wed: Jan 31, May 29, Jul 31, Oct 30



Emotional Control

For Managing Feelings & Reactions Mindfully
Tue: Mar 12, Jun 11, Aug 6, Nov 12



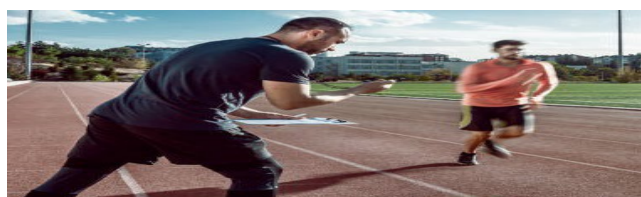
Stress to Strength

For Flipping Stress & Feeling Empowered
Tue: Mar 26, Jun 18, Aug 13, Nov 26



Sleep Is My Superpower

Discover Importance of & Strategies for Quality Sleep
60 Min Video Recorded Class Available at our QR Code



Fitness Improvement Training

Discover Unique Training Skills to Maximize Your Score
(This Class is for Military Members Only/No Exercise Clothes Required)
Provided the 2nd & 4th Wed Monthly Over>

Programs Feature Prizes for Participation & Rewards for Completion



Conduct Bod Pod Appt
& Show Improvement 8-Weeks Later
to Graduate as a
“Bod Pod Dominator”



Attend Strategies for Diet & Exercise, then
Focus on Developing Diet, Exercise, Sleep
& Healthy Thinking Habits to Graduate as a
“Soar into Health Hero”



Attend SFD&E, and Join this Comprehensive
Program Providing Long-Term Support &
Accountability to Graduate as a
“Ultimate Warrior”



Attend *Healthy Thinking, Emotional Control,*
& *Stress to Strength*, and Complete a
Participation Sheet for Each to Graduate as a
“Thriving Mind Master”



Watch *Sleep Is My Superpower*, then
Complete a Participation Sheet Working
on 14 Habits for 14 Days to Graduate as a
“Sleep Superhero”



Attend *Fitness Improvement Training*,
then Follow a 30-Day Exercise Routine
to Graduate as a
“Fitness Frenzy Fanatic”



Attend all our Classes to Optimize Your
Health & Readiness and on Honor System,
Simply Encourage at Least One Friend to Do
the Same to Graduate as a
“HeRO Challenge Champion”



Download Participation Sheet from our Site
and Complete 25 Walking Breaks
at Work to Earn a
“Warhawks T-Shirt”



We believe you're worth the time it takes to take care of yourself, and that the better you take care of yourself, the better you're also taking care of others. We hope you feel the sincerity of our efforts and join us in our mission. Become a Health Promoter yourself and encourage others to participate. We hope to see you and your friends soon.

Mr. Andrew Dinsmoor
MS,RD

Sincerely,

Mr. Roger Nelson
Health Promotion Director

HEALTH PROMOTION OFFICE

Offutt AFB



Dare To Soar In 2024!

Org Box: usaf.offutt.55-mdg.mbx.health-promotion-office@health.mil

402-294-5977

INFORMATION FOR UFPM/PTL

The time & effort you put into your unit's Fitness Improvement Program is greatly appreciated. Your contributions make a difference in your member's lives and we hope you find the work rewarding.

Health Promotion Office Assistance

When your members obtain an unsatisfactory Physical Fitness Assessment (PFA) they are to be enrolled into a Fitness Improvement Program that targets exercise behavior and nutritional habits necessary to improve their health and fitness utilizing targeted intervention options, mostly determined by locally developed courses. Our Offutt AFB, Health Promotion Office provides a Fitness Improvement Program specifically designed for those needing assistance. The course includes two components for your members. First, attendance at our ***"Fitness Improvement Training Class"*** and second, participation in our ***"30-Day Fitness Frenzy Challenge"***. Please be aware members are informed in class that when they finish their challenge, they are to provide you the hard copy of their 30-Day Fitness Frenzy Challenge Participation Sheet.

Upon Notification of a Member's Unsatisfactory Results for Their Fitness Assessment

As UFPM, Your Responsibilities are to do the Following:

- 1- Initiate DAF Form 108 in myFitness to include mandatory FIP appointment dates, time, and location.
- 2- Provide & ensure member reviews Offutt Health Promotion Office Flyer & FIP Flyer.
- 3- Inform member of FIP requirements and record counseling in myFitness.
- 4- Monitor member's participation in the FIP.
- 5- Notify unit commander of members failing to show for any FIP appointments and/or not completing their FIP requirements and/or 30-Day Fitness Frenzy Challenge.

Please be aware scheduling individual's appointments with our Health Promotion Office Exercise Physiologist and/or Registered Dietitian is not an Option.

Your Member's Responsibility is to do the Following:

- 1- Review HPO Flyer and FIP Flyer.
- 2- Schedule to attend Fitness Improvement Training Class & Participate in 30-Day Fitness Frenzy Challenge
- 3- Show Completion of Fitness Improvement Program and 30-Day Fitness Frenzy Challenge Participation Sheet to UFPM/Leadership.

AF Form 108 Example

for

Fitness Improvement Program

Section II. Education and Intervention Information

BE Well (BW) participation is required to be completed as executed at the individual base level. The purpose of the BW program is to provide information and tools to support a self-driven fitness improvement program. Acknowledge and initiate your choice of intervention(s) with 10 duty days of your assessment.

BE WELL Online

☐

Healthy Weight Program

☐

Cardiovascular Intervention

☒

Fitness Improvement Program
Provided by the Health Promotion Office

Strength Intervention

☒

Fitness Improvement Program
Provided by the Health Promotion Office

Military One Source Health Coaching

☐

By signing below. The member accepts full responsibility for improving their fitness level, completing program requirements and, if appropriate providing documentation Of program compliance

MEMBER SIGNATURE / DATE

UFPM SIGNATURE / DATE

|

UNIT COMMANDER SIGNATURE / DATE

Fitness Improvement Program

Provided By:

**HEALTH PROMOTION
OFFICE**

Offutt AFB



Dare To Soar In 2024!

Attend The
**FITNESS IMPROVEMENT
TRAINING CLASS**
Featuring Participation Prizes

&

Participate In The
**30-DAY FITNESS
FRENZY CHALLENGE**
Featuring Completion Rewards

A One-Time, No Cost, Educational Class From 9-11

Offered Every 2nd & 4th Wed Monthly in the Medical Education & Training Building 4209 Behind the Clinic



Here's What You'll Discover in the Class:

How to Avoid the Most Common Training Mistakes & Errors!

How to Apply Very Unique Training Methodologies to Maximize Improvement in Your Fitness Assessment Score!

Here's What You'll Do in the Challenge:

Follow a 30-Day Training Routine Featuring Several Specific Training Tasks
as well as Personal Choice for Additional Cardiovascular & Strength Training Exercise!

Here's What You Can Trust:

Compassionate, Straight Forward, Honest, Expert On-Going Guidance and Support
From our Very Own Exercise Physiologist and Health Promotion Director, Mr. Roger Nelson!

PRE-REGISTRATION TO ATTEND IS NECESSARY!

Simply E-mail the Class You Plan to Attend & Phone # to:
usaf.offutt.55-mdg.mbx.health-promotion-office@health.mil OVER>

AF Form 108 Example for *Fitness Improvement Program*

Section II. Education and Intervention Information		
<i>BE Well (BW) participation is required to be completed as executed at the individual base level. The purpose of the BW program is to provide information and tools to support a self-driven fitness improvement program. Acknowledge and initiate your choice of intervention(s) with 10 duty days of your assessment.</i>		
BE WELL Online <input type="checkbox"/>	Healthy Weight Program <input type="checkbox"/>	Cardiovascular Intervention Fitness Improvement Program Provided by the Health Promotion Office <input checked="" type="checkbox"/>
Strength Intervention Fitness Improvement Program Provided by the Health Promotion Office <input checked="" type="checkbox"/>	Military One Source Health Coaching <input type="checkbox"/>	
By signing below. The member accepts full responsibility for improving their fitness level, completing program requirements and, if appropriate providing documentation Of program compliance		
MEMBER SIGNATURE / DATE		
<div style="display: flex; justify-content: space-between;"> UFPM SIGNATURE / DATE UNIT COMMANDER SIGNATURE / DATE </div>		

IMPORTANT NOTE TO MEMBER:

Please Be Aware: Scheduling an Individual One-on-One Appointment with our Health Promotion Office Exercise Physiologist and/or Registered Dietitian **“IS NOT” A REQUIREMENT** of your FIP and **“IS NOT” AN OPTION** for this program.

Rest Assured: You will have access to our Exercise Physiologist through attendance at the Fitness Improvement Training Class and participation in the 30-Day Fitness Frenzy Challenge

HEALTH PROMOTION OFFICE

Offutt AFB



Dare To Soar In 2024!

Org Box: usaf.offutt.55-mdg.mbx.health-promotion-office@health.mil

402-294-5977

INFORMATION FOR BODY COMPOSITION MANAGER

The time & effort you put into your unit's Body Composition Program is greatly appreciated. Your contributions make a difference in your member's lives and we hope you find the work rewarding.

Health Promotion Office Assistance

When your members obtain an unsatisfactory Body Composition Assessment (BCA) they are to be enrolled into a Body Composition Improvement Program (BCIP) that targets exercise behavior and nutritional habits necessary to improve their health and fitness utilizing targeted intervention options, mostly determined by locally developed courses. Our

Offutt AFB, Health Promotion Office provides a Body Composition Improvement Program specifically designed for those needing assistance. The Body Composition Improvement Program includes two components for your members.

First, attendance at our ***"Strategies for Diet & Exercise Class"*** and second, participation in our ***"Soar into Health 4-Week Challenge"***. Please be aware members are informed in class that when they finish their challenge, they are to provide you the hard copy of their Soar into Health 4-Week Challenge Participation Sheet. They will also be informed in class of the option to participate in our ***"Weight Loss Warrior 16-Week Support Program"***.

Upon Notification of a Member's Unsatisfactory Results for Their WHtR

As BCM, Your Responsibilities are to do the Following:

1. Initiate/modify DAF Form 108 in myfitness to include mandatory BCIP appt dates, time, and location.
2. Provide member HPO Flyer & BCIP flyer as well as the USAF Healthy Body Composition Guide.
(Can be provided hard copy or send to them electronically)
3. Ensure member provides you and your leadership their Individual Action Plan.
4. Monitor member's participation in the BCIP.
5. Notify unit commander of members failing to show for any BCIP appointments and/or not completing their Individual Action Plan and/or the ***"Soar into Health 4-Week Challenge"***.

Please be aware scheduling your member an individual appointment with our Health Promotion Office Exercise Physiologist and/or Registered Dietitian is not an option.

Your Members Responsibilities are to do the Following:

1. Schedule a Medical Evaluation with their PCM to be assessed for secondary causes and screened for co-morbidities.
2. Review HPO Flyer & BCIP Flyer as well as the USAF Healthy Body Composition Guide.
3. Schedule to attend Strategies for Diet & Exercise Class & Participate in Soar into Health 4-Week Challenge
4. Create an Individual Action Plan.
5. Show Completion of Individual Action Plan and Soar into Health 4-Week Challenge Participation Sheet to BCM/Leadership.

AF Form 108 Example

for

Body Composition Improvement Program

Section II. Education and Intervention Information

BE Well (BW) participation is required to be completed as executed at the individual base level. The purpose of the BW program is to provide information and tools to support a self-driven fitness improvement program. Acknowledge and initiate your choice of intervention(s) with 10 duty days of your assessment.

BE WELL Online



Healthy Weight Program

☒ Body Composition Improvement Program
Provided by Health Promotion Office

Cardiovascular Intervention



Strength Intervention



Military One Source Health Coaching

By signing below. The member accepts full responsibility for improving their fitness level, completing program requirements and, if appropriate providing documentation Of program compliance

MEMBER SIGNATURE / DATE

UFPM SIGNATURE / DATE



UNIT COMMANDER SIGNATURE / DATE

Body Composition Improvement Program

Provided By:

HEALTH PROMOTION OFFICE

Offutt AFB



Dare To Soar In 2024!

Attend The
**STRATEGIES FOR DIET
& EXERCISE CLASS**
Featuring Participation Prizes

&

Participate In The
**SOAR INTO HEALTH
4-WEEK CHALLENGE**
Featuring Completion Rewards

A One-Time, No Cost, Educational Class From 9-11

Offered Every 1st & 3rd Wed Monthly in the Medical Education & Training Building 4209 Behind the Clinic



Here's What You'll Do in the Challenge:

Create Meaningful Intentions and SMART Goals!

Work on Developing Healthy Habits for Sound Nutrition, Regular Exercise, Quality Sleep & Healthy Thinking!

Here's What You Can Trust:

Compassionate, Straight Forward, Honest, Expert On-Going Guidance and Support

From our Exercise Physiologist and Health Promotion Director, Roger Nelson and RD, Andrew Dinsmoor!

Here's What You'll Discover in the Class:

How to Adhere to Nutrition & Exercise Guidelines in Real Life!

How to Improve Your Relationship with Sound Nutrition & Regular Exercise for Increased Energy!

PRE-REGISTRATION TO ATTEND IS NECESSARY!

Simply E-mail the Class You Plan to Attend & Phone # to:

usaf.offutt.55-mdg.mbx.health-promotion-office@health.mil OVER>

AF Form 108 Example for *Body Composition Improvement Program*

Section II. Education and Intervention Information		
BE Well (BW) participation is required to be completed as executed at the individual base level. The purpose of the BW program is to provide information and tools to support a self-driven fitness improvement program. Acknowledge and initiate your choice of intervention(s) with 10 duty days of your assessment.		
BE WELL Online <input style="width: 40px; height: 20px;" type="checkbox"/>	Healthy Weight Program <input checked="" style="width: 20px; height: 20px;" type="checkbox"/> Body Composition Improvement Program Provided by the Health Promotion Office	Cardiovascular Intervention <input style="width: 40px; height: 20px;" type="checkbox"/>
Strength Intervention <input style="width: 40px; height: 20px;" type="checkbox"/>	Military One Source Health Coaching <input style="width: 40px; height: 20px;" type="checkbox"/>	
By signing below. The member accepts full responsibility for improving their fitness level, completing program requirements and, if appropriate providing documentation Of program compliance		
MEMBER SIGNATURE / DATE		
UFPM SIGNATURE / DATE 		UNIT COMMANDER SIGNATURE / DATE

IMPORTANT NOTE TO MEMBER:

Please Be Aware: Scheduling a Medical Appointment with Your PCM to be Screened for Secondary Causes and Comorbidities **“IS” AN INDIVIDUAL REQUIREMENT** of your Body Composition Improvement Program.

Please Be Aware: Scheduling an Individual One-on-One Appointment with our Health Promotion Office Exercise Physiologist and/or Registered Dietitian **“IS NOT” A REQUIRMENT** and **“IS NOT” AN OPTION** for this program.

Rest Assured: You will have access to our Exercise Physiologist and Registered Dietitian through attendance at Strategies for Diet & Exercise Class and participation in the Soar into Health 4-Week Challenge.

Optional Component: When you attend Strategies for Diet & Exercise Class and participate in the Soar into Health 4-Week Challenge, you will also have the option of participating in our ***“Weight Loss Warrior 16-Week Support Program”***.



Healthy Body Composition Guide



PREFACE

Purpose: The Healthy Body Composition Guide provides Department of the Air Force service members with resources to assist them in improving their health and performance through healthy eating, obtaining regular physical activity, getting restorative sleep and tobacco-free living as they relate to maintaining a healthy body composition.

Follow Air Force Health Promotion:

- Web link: <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>
- Instagram: @AF_HealthPromotion_HQ
- Facebook: Air Force Health Promotion HQ
- Twitter: @AirForce_HP

All references and internet links from non-U.S. Government sites, services, or products are provided for the reader's convenience. Resources and links in this publication are neither an endorsement nor a warranty of the services or products provided by such sites. The Department of Defense (DoD) does not exercise any responsibility over the content of these sites.

To the Service Member: The Air Force Medical Readiness Agency developed this guide to provide an overview of current nutrition and weight management practices, resources, and links to supporting programs.

To the Commander: Ensure you and your Service member are aware of the information and available resources outlined in this guide as they apply to your installation. While you are not trained or expected to prescribe diet education or provide nutrition counseling, knowing how to align available resources with your member's needs will assist them with enhancing their health, wellness and overall performance. Successful implementation of the Body Composition Program requires leadership engagement and support to encourage all Service members to live a healthy lifestyle year-round, every day for today's readiness and future longevity. All members in your unit who exceed the body composition are required to read this guide and provide a completed Individual Action Plan (IAP). A sample IAP appears on page 11 (Appendix B).

Requirements: Review of this guide is mandatory for all members with a high-risk body composition.

Proponent:

This Air Force Body Composition Guide was prepared and distributed under the direction of:

Air Force Medical Readiness Agency
Defense Health Headquarters
7700 Arlington Boulevard
Falls Church, VA 22042



Health & Readiness Optimization (HeRO)

HeRO is the Air Force Medical Service comprehensive wellness strategy that focuses on critical components of performance: Sleep, Activity, Nutrition, and Tobacco-Free Living. HeRO promotes evidence-based strategies which target lifestyle changes that will guide improvements in health-related behaviors that impact performance and readiness.

Sleep Optimization

Optimal sleep is critical to mission success. Inadequate sleep impairs essential tasks such as reaction times, the ability to detect and engage during a mission, and coordination. Mission readiness and improved sleep have been tied to reduced accidents, increased morale, and better judgment¹. This is why proper sleep hygiene practices (i.e., those that promote optimal sleep duration and quality) are important for everyone. The National Sleep Foundation recommends 7 to 9 hours of quality sleep per night for individuals 18 years of age and older. Quality sleep promotes numerous benefits, including optimal cognitive and behavioral functions, decreased risk of heart disease and type 2 diabetes along with improved overall mental health and body composition.²

Physical Activity

Physical fitness and activity are crucial to ensuring you are able to perform at your best and accomplish the mission. Exercise and movement help build key mental abilities such as memory, reaction time, attention span and learning.³ According to the American College of Sports Medicine, adults should strive for at least 150 to 300 minutes of moderate-intensity physical activity every week in addition to activities that maintain or increase muscular strength on at least 2 days per week. Choose activities you enjoy and focus on moving as much as possible throughout the day.

Nutritional Fitness

The benefits of healthy eating include improved brain function, delayed muscle fatigue, accelerated recovery from strenuous activity, improved overall military readiness and sustained health and disease prevention. This can be achieved by following an eating pattern that emphasizes eating more unrefined plant and nutrient dense foods and beverages with little or no added sugars, saturated fat and sodium.⁴ Consistently making healthy food choices helps you stay energized and ensures you get the right nutrients to maximize performance.

Tobacco-Free Living

Tobacco use is the leading cause of preventable disease, disability and death in the United States.⁵ Tobacco products include all productions that may be configured to deliver nicotine, including but not limited to: cigars; cigarettes; electronic cigarettes; stem pipes; water pipes; hookahs; vaporizers; smokeless products that are chewed, dipped, sniffed, or vaped. Prevention of initiation is the best approach to ensuring a tobacco-free life.



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Chapter 1 – Healthy Body Composition

Maintaining a healthy body composition is vital to overall health, well-being and physical capability which is essential for operational readiness. While body weight influences health, it is the distribution of the components of body weight (fat, muscle/lean tissue, and bone) that have the greatest impact on performance and obesity-related health conditions. Excess body fat located in the visceral (abdominal) region is closely associated with an increased risk of developing cardiovascular or metabolic diseases.

What is visceral body fat?

Visceral fat is a type of fat stored deep inside the belly and wrapped around the organs, including the liver and intestines. Visceral fat often makes the belly stick out or gives a person an 'apple' shape. It also produces chemicals and hormones that can be toxic to the body. Even in individuals with a “healthy” body weight, having excess visceral fat still carries a range of health risks.

What are the health risks of visceral fat?

High levels of visceral fat contribute to metabolic syndrome, a collection of disorders that include high blood pressure, obesity, high cholesterol and insulin resistance. Together, these factors increase the risk of stroke, heart disease and type 2 diabetes.

Excess visceral fat can also contribute to:

- cancer (particularly of the colon, breast, and prostate)
- asthma
- liver disease
- gall bladder disease and gout
- fertility problems
- lower back and knee pain
- osteoarthritis

The Air Force assesses body composition in Service Members using waist-to-height ratio (WHtR). It is calculated by dividing waist circumference by height.

Why does the Air Force use WHtR to measure body composition?

WHtR is an established methodology that uses stature and waist circumference to assess fat distribution in the abdominal region. It has been validated across individuals varying in age, gender and ethnic groups. Having a WHtR of 0.50 or higher is associated with increased likelihood of numerous health outcomes such as high blood pressure, diabetes or musculoskeletal injuries.

What are the risk categories associated with WHtR?

Low Risk	WHtR ≤ 0.49
Moderate Risk	WHtR 0.50 – 0.54
High Risk	WHtR ≥ 0.55

Chapter 2 – Goal Setting

Getting started on the journey to achieve a healthy weight and body composition can be overwhelming. Individuals often make the mistake of trying to do too much too soon, making unsustainable lifestyle changes, setting unrealistic goals, or falling for “miracle” weight loss diets or supplements. There is no one-size-fits-all solution or plan. It is important to take into consideration personal preferences, values, and motivation when seeking options and support to assist and empower positive lifestyle change.

FIND YOUR WHY

Getting and staying motivated is challenging. When it comes to lifestyle modifications most people start strong and then compliance and enthusiasm starts to waiver. Focusing on the “why” is important to guide your journey and to help you maintain motivation when frustrated or overwhelmed with the demands of career and family roles and responsibilities. When facing these situations, cut yourself some slack. It is important to have self-compassion and value progress over perfection. Small changes will add up to big improvements over time.

Consider “who” or “what” motivates you to live a healthier life?

SET S.M.A.R.T. GOALS

1. Be Specific—establishing your “why” is the first step. Also consider the following questions:

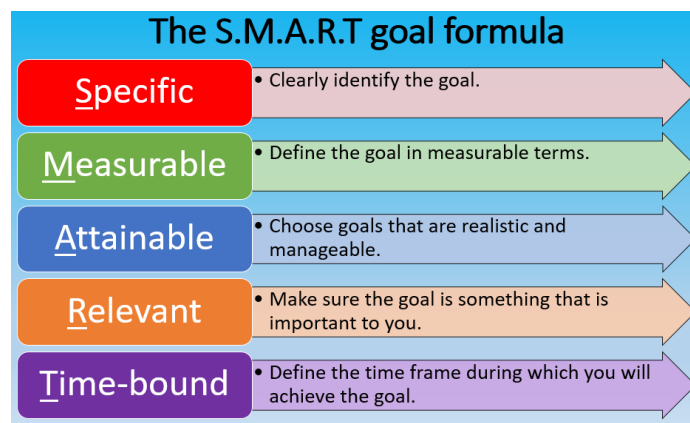
- What do I want to accomplish?
- How will I achieve this goal?
- What resources are involved?

2. Measuring or keeping track of progress will help you stay motivated.

3. Ensure that you can realistically achieve the goal(s) you have established.

4. Consider how relevant the goal is or what purpose it will achieve—does the goal complement your “why”?

5. Prioritized time-sensitive goals are more likely to be achieved than those without a timeline.



GAIN AWARENESS

Being mindful of how you feel and of emotional cues or triggers that influence your decisions can help to keep you on track with meeting your lifestyle goals.

SOCIAL

Do your co-workers or family members affect your eating or drinking habits?
In group settings, do you choose to just go along with what everyone else is doing?

EMOTIONAL

How often do you reach for food, alcohol or tobacco when you are bored, angry, stressed, lonely, sad, happy or excited?

SITUATIONAL

Are you tempted by the bowl of candy at your co-worker’s desk or the cake at the promotion ceremony or retirement?
Do you snack while watching TV at night?

PHYSICAL

Do you overeat when you are starving or have missed a meal?



Chapter 3 – Energy Balance

Energy balance is one of the most important factors in maintaining a healthy body composition. The amount of energy or calories you consume (energy INPUT) is balanced with the energy your body uses for things like breathing, digesting and being physically active (energy OUTPUT).

When energy INPUT exceeds energy OUTPUT, those excess calories are stored as body fat. This is true whether the calories came from fats, carbohydrates, proteins or alcohol.

Decreasing energy INPUT and increasing energy OUTPUT to create a negative energy balance allows the body to burn fat.

DECREASING INPUT

Calculate your calorie needs for fat loss. There are many different calculations or tools to determine calorie needs for fat loss. It is important to note that your lifestyle (occupation), age, gender and activity level are also important to consider. Seeking assistance from a qualified health professional (such as a Registered Dietitian) who can help in determining your calorie needs is encouraged. Reducing your intake by too many calories can be counterproductive and be extremely dangerous to your health.

- Calorie needs based on current body weight

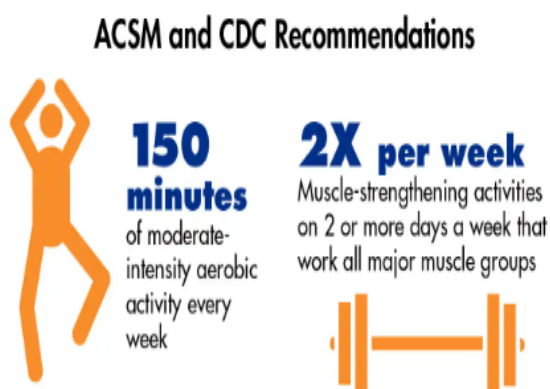
CURRENT WEIGHT	CALORIES/DAY
< 150 lbs	1,200 – 1,500
150 – 200 lbs	1,500 – 1,800
201 – 225 lbs	1,800 – 2,200
226 – 250 lbs	2,200 – 2,500
251 – 300 lbs	2,500 -- 2,800

- Multiply your goal weight by 10. For example, if your goal weight is 180 lbs, your estimated calorie need is 1,800 calories per day ($180 \times 10 = 1,800$).
- Use the calorie calculator at: <https://www.calculator.net/calorie-calculator.html>



INCREASING OUTPUT

- Aim for 10,000 – 15,000 steps per day (track your steps with a smart watch or phone for reference)
- Make time for your fitness routine: Schedule 30 – 60 minutes of moderate/vigorous exercise every day.
- Strength train 2 – 3 times per week
- Use idle time to be active



Average Calories Burned During 30 Minutes		
155 lbs	Activity	185 lbs
182	Weight Lifting	217
253	Rowing	302
178	Walking (3.5 MPH)	213
207	Walking (4.0 MPH)	247
233	Swimming	278
281	Running (5.0 MPH)	335
419	Running (7.0 MPH)	500
233	Cycling (10 MPH)	278
330	Cycling (13 MPH)	394

Source: <https://ExRx.net/calculators/calories>



Chapter 4 – Interventions & Supporting Resources

Interventions that address lifestyle and behavior modifications related to dietary intake and physical activity are generally the most successful at achieving the desired results. There are many resources and support available to assist service members in achieving and maintaining a healthy body composition. Reference **Appendix A** for a detailed listing of available programs and resources.

MEDICAL

The first step for service members with a high-risk body composition is to contact your PCM team for a medical evaluation. The medical evaluation will include a review of your past medical history, assessment for potential secondary causes of obesity and screening for other disease or conditions influenced by obesity such as hypertension, diabetes, thyroid disorders, sleep apnea, elevated cholesterol and metabolic syndrome. Your medical team will also assist in helping you to establish S.M.A.R.T. goals and identifying available resources to help you achieve success.

NUTRITION

A Registered Dietitian, Diet Technician or Health Educator may provide individual or group education and counseling on creating a meal plan to reinforce your goals. Nutrition services vary by location but may include programs such as:

- Best S.E.L.F. – This program addresses 4 components of lifestyle modification (Nutrition, Activity, Mindfulness and Sleep) to facilitate loss of weight and body fat. The curriculum consists of 5 sessions designed to help service members seeking to lose or maintain their weight and enjoy an overall healthy lifestyle.
- Healthcare to Health (H2H) – H2H is a group-lifestyle balance (GLB) program led by specially trained lifestyle coaches that addresses obesity and has been proven to prevent or delay the onset of diabetes through weight reduction and increased physical activity.

BEHAVIORAL

Working with a behavioral or mental health provider or health coach can help you pursue behavioral and lifestyle changes to achieve your goals. They can also help you work through other concerns or issues that may be interfering with your ability to make lifestyle changes. Available behavioral health resources include:

- Primary Care Behavioral Health (PCBH) Provider
- Embedded/Integrated Mental Health Provider
- Military and Family Life Consultant (MFLC)
- Military OneSource “Health Coaching”
 - <https://www.militaryonesource.mil/confidential-help/specialty-consultations/health-wellness-coaching/>



PHYSICAL ACTIVITY

Regular physical activity is important for overall health and especially important when trying to lower body fat. Daily physical activity increases the number of calories your body burns and helps to create a “calorie deficit” that leads to fat loss.

Complete the DAF Form 4446A, AF Fitness Screening Questionnaire (FSQ) – if you are cleared to take the AF Fitness Assessment, then you are cleared to exercise. Otherwise, contact your PCM team for further discussion. Fitness resources at your location could include:

- Fitness/exercise specialists at your installation Fitness Center or Health Promotion staff
- Embedded/Integrated Certified Strength and Conditioning Specialist or Exercise Physiologist
- In-person or virtual fitness classes (Installation Fitness Center, commercial products)
- Mobile Fitness apps (commercial, unit sponsored, or DoD developed, such as [MissionFit](#))

MissionFit



Health & Readiness
Optimization



Appendix A – Programs & Applications

Online/Virtual/Tele-Health Programs:

- Military OneSource “Health Coaching”
<https://www.militaryonesource.mil/confidential-help/specialty-consultations/health-wellness-coaching/take-command-of-your-well-being-with-a-health-and-wellness-coach/>
- VA Move! – MOVE! is a weight management, health promotion program designed to improve the lives of Veterans. MOVE!’s core ideas—encouraging healthy eating behavior, increasing physical activity, and promoting even small weight losses—are easy to follow and based on the latest in nutrition science.
[MOVE! Weight Management Program Home \(va.gov\)](#)
- “Basics for Reaching a Healthy Weight” – A weight management program from Health Net Federal Services/Tricare that provides basic information to get you started with losing weight through good nutrition and exercise.
[Reaching a Healthy Weight \(hnfs.com\)](#)
- “Healthy Weighs for Life” – A self-paced program from Health Net Federal Services/TRICARE that includes 6 sessions and a variety of tools to help you manage your weight.
[Healthy Weighs for Life \(tricare-west.com\)](#)
- “Assessing Your Readiness for Healthy Change” – An online resource that will help you evaluate how ready you are to take steps toward making healthy lifestyle changes along with information and skills to prepare for and make change.
[AYR4HC Resources \(tricare-west.com\)](#)

Mobile Applications:

- MissionFit - The MissionFit app provides a 12-week program of exercise routines, along with a library of 90+ exercises with detailed instructions including video, images and textual description.
[MissionFit on the App Store \(apple.com\)](#)
[MissionFit - Apps on Google Play](#)
- MOVE! Coach - The MOVE! Coach is a phone app that offers a self-guided program that provides everything needed to set, track, and achieve diet, physical activity, and weight goals.
[MOVE! Coach on the App Store \(apple.com\)](#)
[MOVE! Coach - Apps on Google Play](#)
- Food and Exercise Apps – Listing includes information and links to several popular food diary applications.
[Food-diary apps to keep you on track | HPRC \(hprc-online.org\)](#)



Websites and Information:

- Human Performance Resource Center (HPRC) by CHAMP – Nutrition and fitness information for Warfighters and their families.
[HPRC – The military’s source for fitness, wellness, and performance nutrition \(hprc-online.org\)](#)
 - Warfighter Nutrition Guide – The Warfighter Nutrition Guide contains strategies and recommendations for all aspects of performance nutrition for Military Service Members.
[Warfighter Nutrition Guide | HPRC \(hprc-online.org\)](#)
 - Get into Fighting Weight: A Total Force Fitness Guide – This guide includes a series of challenges and “check-ins” to help you identify and optimize various factors that affect your health to help you achieve peak performance.
[Fighting Weight | HPRC \(hprc-online.org\)](#)



- Operation Supplement Safety (OPSS) – Department of Defense dietary supplement resource for the military community, leaders, healthcare providers and civilians.
[Operation Supplement Safety | OPSS](#)
- Centers for Disease Control and Prevention (CDC) Healthy Weight, Nutrition and Physical Activity – Site includes links to a variety of information related to maintaining a healthy body composition.
[External Resources | Healthy Weight, Nutrition, and Physical Activity | CDC](#)
- National Institutes of Health (NIH) Body Weight Planner – Useful tool that allows users to make personalized calorie and physical activity plans to reach a goal within a specific period and to maintain it following.
[About the Body Weight Planner | NIDDK \(nih.gov\)](#)
- Defense Commissary Agency (DECA) – Website provides tips to guide healthy food choices while shopping. Includes info such as: Recipes, customizable shopping list and health information.
<https://www.commissaries.com/>
- Physical Activity Calorie Counter – Calculator from the American Council on Exercise that will help you determine how many calories you burn during daily activities.
[ACE Fit | Physical Activity Calorie Counter \(acefitness.org\)](#)



APPENDIX B – Sample Action Plan

PART III. INTERVENTION PROCESS (High Risk)	
INDIVIDUAL ACTION PLAN:	
Individual Action Plans outline the strategies, resources and counseling options the member will use to work towards reducing WHtR to Low / Moderate Risk Categories. Resources and counseling options vary by location, but member may also consult the Health and Readiness Optimization (HeRO) Body Composition Guide for universally accessible resources.	
Resource 1: Registered Dietitian	Application Strategy: Scheduled appointment with Registered Dietitian on _____ for nutritional counseling.
Resource 2: MissionFit App	Application Strategy: I downloaded the MissionFit App and will incorporate the exercise routines and along with getting at least 45 minutes of moderate cardiovascular activity 3 to 4 times each week.
Resource 3: Get Into Fighting Weight: Total Force Fitness Guide	Application Strategy: I will download the Get into Fighting Weight guide and complete the associated challenges to help me reach my peak performance.
Resource 4: Military OneSource Health and Wellness Coach	Application Strategy: I enrolled in the health and wellness coaching service. I know that I need to make changes to my lifestyle and could use the extra motivation to set goals and work through challenges that will come up.

APPENDIX C - References

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2. Hirshkowitz, M., Whiton, K., Albert, S. M., Alessi, C., Bruni, O., DonCarlos, L., Hazen, N., Herman, J., Adams Hillard, P. J., Katz, E. S., Kheirandish-Gozal, L., Neubauer, D. N., O'Donnell, A. E., Ohayon, M., Peever, J., Rawding, R., Sachdeva, R. C., Setters, B., Vitiello, M. V., & Ware, J. C. (2015). National Sleep Foundation's updated sleep duration recommendations: final report. *Sleep health*, 1(4), 233–243. <https://doi.org/10.1016/j.sleh.2015.10.004>
3. 2018 Physical Activity Guidelines Advisory Committee. *Physical Activity Guidelines Advisory Committee Scientific Report* Washington, D.C.: U.S. Department of Health and Human Services; 2018. 779 p
4. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. www.DietaryGuidelines.gov
5. <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/tobacco.htm>