



Minnesota Department of Military Affairs

Supplemental Budget Request Items

Agenda

- ▶ Holistic Health and Fitness Program Proposal (Official Request)
 - ▶ Proposal
 - ▶ Background
 - ▶ Comparison to Active Component Program
 - ▶ Proposal Review
- ▶ Possible Supplemental Request for Enlistment Incentives (Preliminary)

Holistic Health and Fitness (H2F) Program

- ▶ Proposal: \$765,000 in SFY 2023 and \$742,000 in subsequent years to initiate a state run program paralleling the US Army's Holistic Health and Fitness program in order to bridge until federal program funding is available.
- ▶ The program would initiate with three military personnel (Program Director, Program Developer, and H2F Course Manager) and two civilian professionals (Physical Therapist and Nutritionist) and limited operating costs.

Background

- ▶ People are our greatest strength and the most valuable resource required to perform our mission.
- ▶ The US Army has adopted Holistic Health and Fitness as a core philosophy of their physical training program, and is investing heavily in the active component.
- ▶ Federal resourcing of reserve component programs is inferred, but there is no current plan to do so through at least 2026.
- ▶ Investing in these tenet now is a valuable investment in our most important resource.

What is Holistic Health and Fitness?

- ▶ H2F is a first-of-its-kind, Army enterprise human performance system designed to optimize Soldier readiness with physical and non-physical performance training across five H2F readiness domains: physical, mental, sleep, spiritual, and nutrition.
- ▶ “H2F is a key component in changing the culture of health and fitness across our force,” said Col. Kevin Bigelman, the H2F Director at the U.S. Army Center for Initial Military Training. “H2F enables commanders and Soldiers to optimize physical and non-physical performance, reduce injury rates, improve rehabilitation after injury, and increase overall effectiveness of the Total Army.”
- ▶ Future implementation plans for the H2F System include the resourcing of up to 110 Active Component brigades by 2030 and the building of Soldier Performance Readiness Centers starting in 2023. These facilities will serve as a unit-owned physical center that deliver a comprehensive, immersive, and integrative training experience for the individual Soldier, staffed by certified H2F performance professionals.
- ▶ Initially Active Component Brigades are each being staffed with approximately 18 military, 7 civilian and 12 contractor personnel.

Strength



Other performance areas

Nutritional Readiness

Nutritional readiness is the ability to recognize, select, and consume the requisite food and drink to meet the physical and nonphysical demands of any duty or combat position, accomplish the mission and come home healthy.

Spiritual Readiness

Spiritual readiness includes an individual's or group's ability to maintain beliefs, principles, and values needed to provide support in times of stress. Spiritual readiness includes the development of personal qualities needed to sustain a person in times of stress, hardship, and tragedy. These personal qualities may come from religious, philosophical or human values, and often form the basis for character, disposition, decision making and integrity.

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Mental Readiness

Mental readiness is the ability to meet the mental demands of any combat or duty position, adapt successfully in the presence of extreme risk and adversity, accomplish the mission, and continue to fight and win.

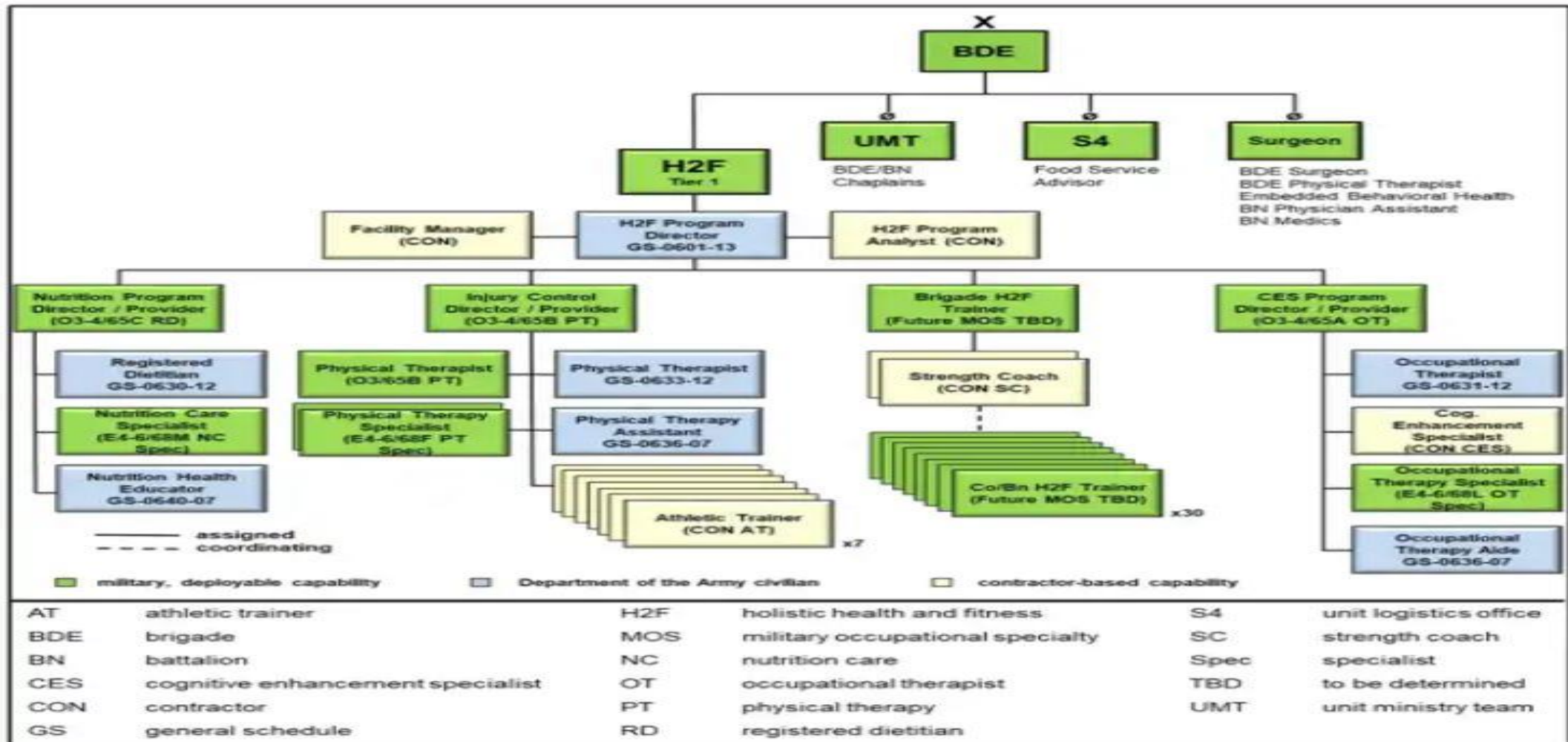
Sleep Readiness

Sleep is the critical requirement for brain health and function. Sleep readiness is the ability to recognize and implement the requisite sleep principles and behaviors to support optimal brain function. In turn, sleep readiness underpins a Soldier's ability to meet the physical and nonphysical demands of any duty or combat position, accomplish the mission, and continue to fight and win.

Army Structure (Support to a Brigade)

1. H2F Performance Professionals

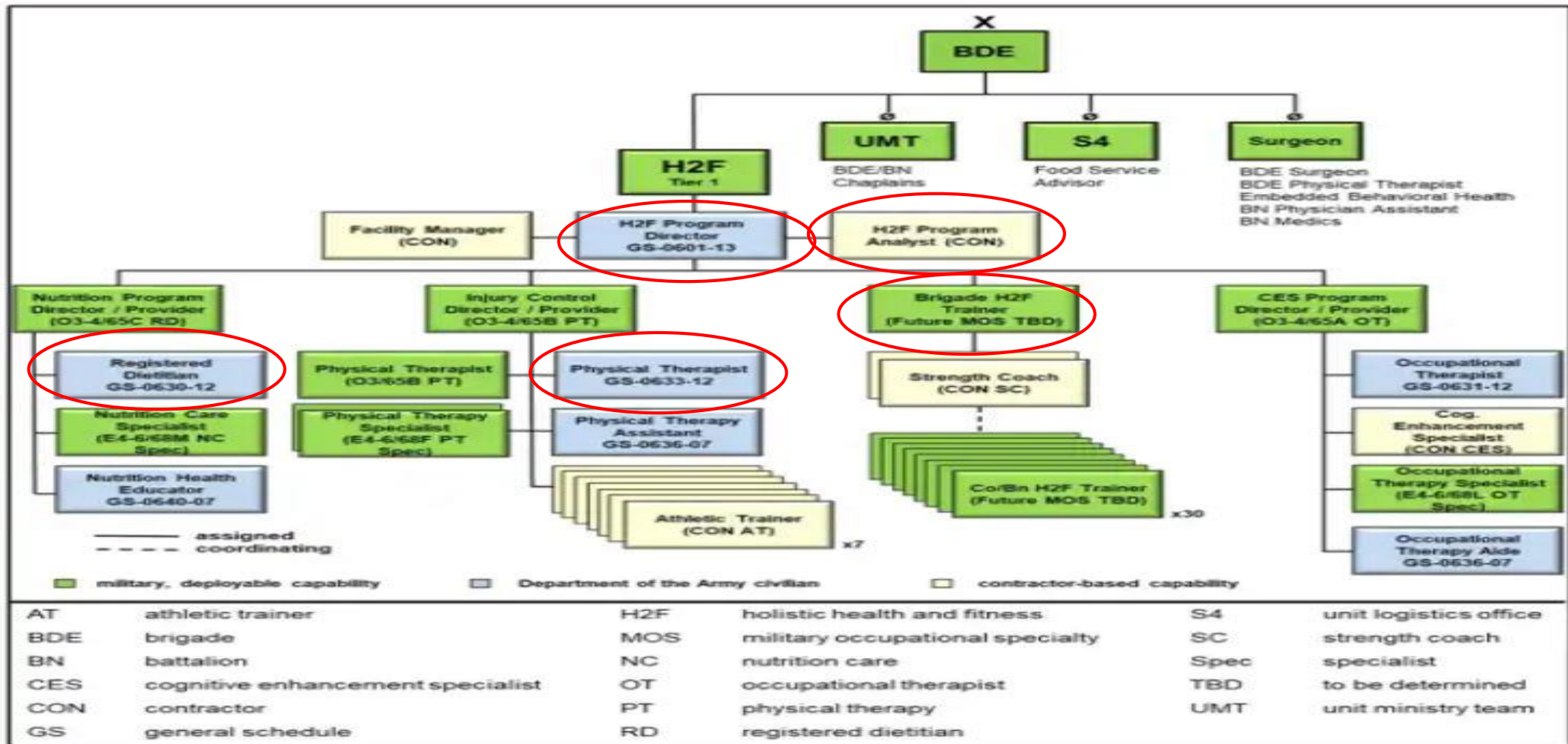
First, the following diagram outlines the performance professionals the Army expects to see at the brigade level. That includes contracting 7 athletic trainers and 2 strength coaches. Also of note, this task organization relies on 31 Soldiers of a new MOS yet to be determined.



DMA Initial Structure Proposal (Support to the MNARNG)

1. H2F Performance Professionals

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Notification of Potential Future Request

- ▶ Potential request for additional funds to support enlistment incentives
- ▶ Still working to determine validity and scope of need, but may request \$2-2.5M annual increase for future years to support offsetting reduction in federal incentives

Questions

