

OPS Fit

OUTCAN Personnel Staying Fit

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Welcome to OPS Fit (OUTCAN Personnel Staying Fit), the quarterly OUTCAN Physical Fitness Program newsletter. This newsletter contains information related to healthy living and physical fitness training for OUTCAN personnel and their families.

If you have any questions, input, or material you would like included in this section please contact Todd Cirka, VCDS OUTCAN Physical Fitness Coordinator at Todd.Cirka@forces.gc.ca or at (613) 945-7335.

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MPSS FORCE TEST, Beijing, China

MS Robinson and Cpl Tzoweh



“If I were to tell you this journey had been an easy one, I’d be a liar.”

- Cpl Tzoweh

On the 10th and 26th of March 2017, Canadian Armed Forces (CAF) members stationed OUTCAN at the Embassy of Canada in Beijing, China partook in an unusual event. I use the term “unusual” to describe what took place because, quite frankly, it has never happened at this OUTCAN location before. The “unusual” event I’m referring about is the running of a FORCE Evaluation Test.

I could say this was an easy process and that a qualified PSP staff member attended and ran everyone through the testing on one day; however this was not the case. Instead, qualifying people on their annual fitness testing took a lot of work from all levels of the Chain of Command and a lot of cooperation from all CAF units within the Embassy. Even though CAF members stationed to Beijing, China are exempt from conducting their annual FORCE Test, it didn’t stop this group from challenging the norm and putting their fitness first.

It started approximately 18 months ago when a Military Police Security Services (MPSS) member was introduced to the FORCE Evaluators course. Cpl Dani Tzoweh

was set to be posted to MPSS Beijing and was offered the opportunity to become a FORCE Evaluator while conducting workup training. Cpl Tzoweh has always led an active lifestyle and thought this would be a great course that would assist his fellow troops down the line. He took the course and eventually set off for Beijing knowing he was only one of a few CAF individuals that could administer the FORCE Test while deployed OUTCAN. Now you would think everything would obviously fall into place; you had a qualified FORCE evaluator and healthy CAF members to conduct the test. This unfortunately is where the hard work actually began.



MPSS FORCE TEST, Beijing, China **continued**

In early 2016, Cpl Tzoweh, with the support of the MPSS Beijing Detachment Commander, WO Jon Bigelow, had to jump through a variety of hoops in order to maintain his qualification and ensured he conducted his testing in accordance with PSP standards. PSP at this time were shifting their OUTCAN mandate and the overall testing structure. In order to retain his qualification Cpl Tzoweh had to complete an array of tasks that verified he was capable of conducting FORCE Evaluation Tests. Once all the proverbial “ticks in the box” were completed and a “virtual” recertification was conducted in June 2016, Cpl Tzoweh was able to administer the test.



(LS Bushell conducting the intermittent loaded shuttle course)

Fast-forward to March 2017, and as the end of the fiscal year was coming to a close, WO Bigelow finally put all the pieces together. The mission had everything in place: a qualified evaluator in Cpl Tzoweh, the equipment and the appropriate testing facilities. Through coordination by the MPSS team they organized two dates that members would be able to run the FORCE test. If you've never been to Beijing, China before, the air quality can sometime be an issue, especially if you're trying to put someone through their paces physically. However, on these dates mother nature cooperated and they were able to run the test in absolutely, near perfect Canadian style weather. During these dates, Cpl Tzoweh was able to administer the test to the CDA office as well to the remaining MPSS members assigned to the Embassy of Canada, Beijing, China. All those who were tested, passed thanks to Cpl Tzoweh's attention to detail and his mentorship while conducting the FORCE evaluation.

MPSS FORCE TEST, Beijing, China **continued**



(LS Bushell conducting the intermittent loaded shuttle course)

If I were to tell you this journey had been an easy one, I'd be a liar. These two days didn't come easy and they almost didn't happen at all. The hard work and effort put in by those stationed overseas at the Embassy of Canada Beijing, China deserve a lot of credit for taking their fitness seriously. With that being said, Cpl Tzoweh deserves accolades for his part in this whole process because without him there would have been no FORCE Test. If you take anything away from this article it's that CAF members, no matter what the situation, are fit, ready to fight and love challenges.

Congratulations

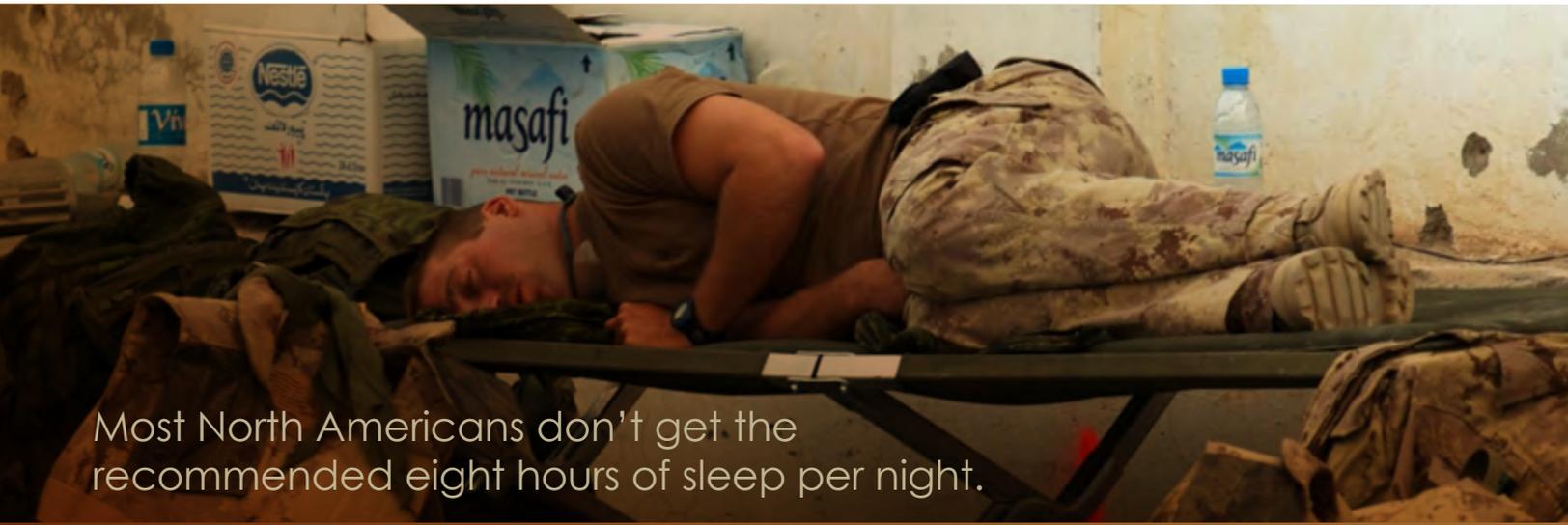


MCpl Craig Laing, CFIQG HQ Det Hawaii, being presented with the CF Award for Aerobic Excellence by BGen Mario LeBlanc, PACOM Deputy J3, and Ms. Lauren Walton, PSP.



Sleep Banking

Todd Cirka, BPE, NSCA-CSCS, CSEP-CEP



Most North Americans don't get the recommended eight hours of sleep per night.

According to an article titled "Sleep Banking: Improving Fighter Management" published in the Jan-Feb 2017 issue of Military Review, a USA Army professional journal, a 2015 RAND Corporation study reported that 72 percent of USA service members get less than seven hours of sleep per night, and 23 percent receive less than six. Routinely getting five to six hours per night of sleep is like performing with a blood alcohol level of 0.08 percent. Less than seven hours of sleep for three or more days correlates to a 20 percent decrease in cognitive performance. The short-term consequences of sleep loss are attention deficit, slowed reaction time, reduced alertness, impaired problem solving, and reduced motivation (Rupp, "Banking Sleep"). Those lacking sufficient sleep are more likely to suffer from chronic diseases such as hypertension, diabetes, depression, obesity, and cancer. In 2014, fatigue was a contributing factor in 628 Army accidents

and 32 deaths.

The topic of sleep banking was discussed at the 2015 Army Sleep Summit at the Office of the Surgeon General Headquarters. Significant findings from research show that sleep can be "banked" in advance of periods of sleep restriction to improve alertness and performance, and that it contributes to faster recovery from fatigue-induced impairments (Tracy Rupp et al., "Banking Sleep: Realization of Benefits During Subsequent Sleep Restriction and Recovery", *Sleep* 32, no. 3(2009):311-21). The Military Review article states that "Sleep banking can be planned, operationalized, and strategically placed before a known period of sleep restriction to create large gains in performance..."

The week prior to a February 2016 field exercise, 2nd Platoon, Company C, 3rd Battalion, 66th Armored Regiment conducted sleep banking to determine

Sleep Banking **continued**

if this would lead to an improvement in gunnery performance during the sleep deprived week-long exercise.. Instead of the normal 0600 hrs workday start and 0630 hrs pt, soldiers reported to work at 0900 hrs and conducted "reverse pt" at 1600 hrs. This allowed for a more natural circadian rhythm of sleep and an average of 8.9 hours of sleep per night vice the reported average of 5-6 hours/night before sleep banking. It allowed soldiers to spend more time in the morning with their families and the slower pace allowed for less stress for both the parents and children. Overall morale was significantly higher.

As a result of the sleep banking, gunnery scores were substantially higher compared to a previous exercise. Although many factors were not controlled, gunnery performance, morale, motivation, concentration, and an overall feeling of well-being was documented both going into the exercise as well as throughout the week-long mission. Similar results were shown in a second field exercise in March 2016.

Another attribute of the sleep banking trial related to better results during afternoon pt. Soldiers reported that their workouts were more productive and they received greater gains due to being more awake,

being more motivated, having more energy, and sleeping better at night. A Princeton University Basketball study found that an increase in sleep from the normal 6-9 hours/night to 10 hours/night resulted in an improvement in sprint times and shooting percentage.

In 2014, the leadership at Fort Carson, Colorado changed the standard duty day to allow soldiers to report to work later and conduct pt in the afternoons instead of first thing in the morning. Although this led to better health, higher morale, happier families and more effective pt it was curtailed due to traffic issues caused by "about 20,000 soldiers conducting pt on Fort Carson's roads during high-traffic periods for civilian employees" (Military Review Jan-Feb 2017).

Sleep banking for 7-10 days prior to a period of sleep restriction can have a positive effect on performance and health. Conducting pt in the afternoons may also lead to better gains. The positive effects of sleep banking are also shown to assist with enhanced recovery upon the completion of the sleep restriction period.



Weekend warriors ... just keep on doing your thing

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Health and fitness experts have long described “weekend warriors” in a mildly negative way. They used the term for individuals who exercised irregularly, perhaps in weekend pickup games. They warned of muscle strains, or much worse - something akin to the heart attacks suffered by those who occasionally shovel snow. Weekend warrior meant, more or less, “knucklehead.”

But no more. A large new study in JAMA Internal Medicine has revealed large mortality benefits for all manner of weekend warriors.

Those who worked out once or twice a week had a 30 per cent lower mortality rate (during the study period, from 1994 to 2012) than those who didn’t exercise at all. Despite their infrequent workouts, these individuals exceeded the 150 minutes a week of moderate to vigorous exercise advocated by U.S. and world health organizations. In that regard, their good results might have been expected.

The study was based on more than 63,000 British and Scottish adults with an average age of 58. A research team from the U.K., Australia and Harvard University collaborated on the analysis.

“We were surprised to find that cardiovascular and cancer mortality were also lower among the weekend warriors,” says lead author Gary O’Donovan, from Loughborough University in England. “Interestingly, we also found the benefits are much the same in men and women.”

Another subgroup of the 63,000, termed the “insufficient exercisers,” fared just as well as the weekend warriors. The insufficienters accumulated only 60 minutes of exercise per week, less than half of the recommended amount. Yet they reaped a 31 per cent lower mortality rate versus the non-exercisers.

The greatest rewards came to those who exercised three or more times a week. These individuals tended to go longer and slower than less-frequent exercisers but logged impressive weekly totals of about 450 minutes. They had a 35 per cent lower all-cause mortality rate.

“This study is important because it tells us that the total amount of exercise, rather than how often it is done, is the relevant factor,” co-author and Harvard epidemiologist I-Min Lee says. “It gives permission, if you will, to be a weekend warrior. However, we would prefer regular activity over the week to decrease the risk of injuries.”

The JAMA article did not track the incidence of injury.

A large majority of the subjects, 63 per cent, reported no exercise, while 22 per cent were labelled insufficient exercisers. The weekend warriors amounted to just 3.7 per cent of the total subject population, but that equated to 2,341 people, thanks to the study’s large size.

Eleven per cent of subjects were regular exercisers, getting in three or more workouts per week.

Featured Exercise

Quad Smash and Move

- Lie face down on the floor on top of the forearms, with elbows directly underneath the shoulders, one leg extended and a foam roller positioned underneath one quadriceps (thigh muscle) directly above the knee, perpendicular to the body.
- Slowly roll side to side, then forwards and backwards.
- Stop at any uncomfortable areas and pull the heel towards the buttock and return to the starting position, and repeat until the discomfort has lessened, then continue.
- Progressively move the contact position of the roller underneath the quadriceps towards the groin in approximately 5 cm increments and repeat.
- Repeat this process for the inner and outer parts of the quadriceps.

Monthly OUTCAN Fitness and Health Initiatives

Future Initiatives

August – 5 km run prep for beginners

Sept – High intensity training program

Oct/Nov – Race Across Canada

***Contact your local Sports Officer or the OutCan Physical Fitness Coordinator to register



Interesting Link

- http://defenceteam-equipedeladefense.mil.ca/en/news/articles.page?doc=ask-the-expert-a-prescription-for-exercise/j1gkijnmx&WT.mc_id=20170418DTupdate_eng



Upcoming events August to October

USA

Ft McNair

- FORCE Evaluation – 23-24 Aug
OPI Sgt Dan Hawrylak
- Wellness Expo – 22-23 Sept
OPI Maj Josee Allard

Ft Meade

- Spousal Health Promotion Briefing
21 Sept
OPI Ms Karlene Wilson

Ft Gordon

- FORCE Evaluation – 14 Sept
OPI Sgt Scott Brydon

Ft Leavenworth

- FORCE Evaluation – 15 Aug
OPI LCol Steve Gallagher

Tinker AFB

- FORCE Evaluation – 29-30 Aug
OPI MCpl Patrick Porter
- Spousal Fitness Briefing – 31 Aug
OPI Ms Stephanie Murphy

Peterson AFB

- FORCE Evaluation – 12 Sept, 17 Oct
OPI Capt Jacob Trivers
- Unit pt – Mondays and Wednesdays
OPI Capt Jacob Trivers

Tyndall AFB

- FORCE Evaluation – 13-14 Sept
OPI Capt Rex Antony

Elmendorf AFB

- FORCE Evaluation – 26-27 Sept
OPI Sgt Pascal D'Antonio

EADS

- FORCE Evaluation – 6-7 Sept
OPI Sgt Thomas Vance

MacDill AFB

- FORCE Evaluation – 18-19 Oct
OPI Capt Ryan Merriman

NAS Norfolk

- FORCE Evaluation – 25-26 Oct
OPI WO Greg MacDonald

Europe

Gellenkirchen

- FORCE Evaluations – Tuesdays and
Thursdays at 0900
OPI Guy Boudrias

Please refer to OUTCAN section of CFMWS website for the most up to date testing schedules.

Running a Successful 5km for the Beginner

Beginner 5km Training Plan

WEEK	BASE RUN	STRENGTH WORKOUT	BASE RUN	REST DAY	BASE RUN AND STRENGTH WORKOUT	LONG RUN	REST DAY
1	Run 2 min, walk 1 min 5 sets		Run 2 min, walk 1 min 5 sets		Run 3 min, walk 1 min 4 sets	Run 2-3 min, walk 1 min 2 miles	
2	Run 3 min, walk 30 sec 4 sets		Run 3 min, walk 30 sec 5 sets		Run 4 min, walk 30 sec 4 sets	Run 3-4 min, walk 30 sec 2 miles	
3	Run 4 min, walk 30 sec 4 sets		Run 5 min, walk 30 sec 4 sets		Run 5 min, walk 30 sec 4 sets	Run 4-5 min, walk 30 sec 2.5 miles	
4	Run 5 min, walk 30 sec 4 sets Run 3 min 1 set		Run 5 min, walk 30 sec 5 sets		Run 6 min, walk 30 sec 4 sets	Run 5-6 min, walk 30 sec 2.5 miles	
5	Run 6 min, walk 30 sec 4 sets		Run 6 min, walk 30 sec 4 sets Run 3 min 1 set		Run 8 min, walk 30 sec 3 sets	Run 7-8 min, walk 30 sec 3 miles	
6	Run 8 min, walk 30 sec 4 sets Run 3 min 1 set		Run 8 min, walk 30 sec 5 sets		Run 8 min, walk 30 sec 4 sets	Run 8 min, walk 30 sec 3.0 miles	
7	Run 10 min, walk 30 sec 3 sets		Run 10 min, walk 30 sec 3 sets Run 3 min 1 set		Run 10 min, walk 30 sec 3 sets	Run 10 min, walk 30 sec 3.0 miles	
8	Run 20 min, walk 1 min Run 5 min 1 set	Run 20 min, walk 1 min Run 7 min 1 set	Run 20 min, walk 30 sec Run 9 min 1 set		Rest Day	5km run Run as much as possible	

By week 8 you should be able to jump from 10 min of running with 30 second walk breaks to 20 min of continuous running because the walk break is so short between the 10 min run intervals in the week prior so it is almost as though you were running 20 minutes continuously. Don't be overwhelmed by the sound of 20 minutes of running without a break.



Tips for a successful 5km:

- 1) Follow a training plan and log your training. Do not skip ahead on the plan or add more minutes of running to a workout if it feels easy or you feel good because if you push too much too soon you can end up injured.
- 2) Sign up for a fun run or race to be your "carrot".
- 3) Get the gear. Get fitted for the right shoe for you. Buy proper running shorts, shirt and socks to be able to move freely and without chaffing.
- 4) Take one step at a time. The training is a journey so focus on the daily workout goal and achievements so that the thought of running 5km doesn't overwhelm you.
- 5) Get a running companion. Encourage a friend, your spouse or your dog to run with you. There are also running clubs in every town that welcome runners of all ages to abilities. When you have committed to running with someone else, you will feel obliged to lace up your runners.
- 6) Take time to recover. Recovery time after a run is just as important as the workout itself to ensure success.
- 7) Train comfortably. Take the talk test. You should be able to say a few words or sing a line of your favourite song while you are running. If you can't then slow down your pace. For your first 5km, the pace you run at doesn't matter!
- 8) Build a solid foundation with strength training 2-3 times per week. Strong muscles make running more efficient and decreases the chances of an injury.
- 9) Don't compare yourself to friends or colleagues who also run. Focus on you and your goal of finishing a 5km run.
- 10) Fuel your body properly. Diet plays a huge role in any successful workout regime.
- 11) Every workout is a piece of the puzzle. The hard work and dedication will pay off.
- 12) Remember to have fun and smile, you are giving your physical and mental self a gift with running.