

# OPS Fit

## OUTCAN Personnel Staying Fit

Volume 9 • Issue 1 • April 2019



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](mailto:Todd.Cirka@forces.gc.ca) or at 613-852-7059.

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# OUTCAN Member Profile

## Mrs. Paula Coats – NOPF WI



I am a wife of an active duty military member and a proud mother to our beautiful daughter. For a long time everything I did, I did for them, I put them first and gradually let myself slide both mentally and physically. But that all changed when we moved to NAS Whidbey Island in July of 2015. That summer we went home to visit family in Nova Scotia. We did a fun family photo shoot and it was when looking at those pictures I realized and was deeply saddened by how far I had let

myself go! When we came back from visiting, I decided it was My Time, I had to start thinking of me and making myself a priority if I wanted to be my best self and be present for them. I knew I couldn't do it alone so, with a fellow CANDET friend, we started personal training. It Was Hard!!! But with the support of family and friends I went from hating it to dealing with it and eventually loving it!! My nutrition became smarter, healthier and better. I no longer work out with a trainer but I have found love in

many different fitness classes and great friendship with workout buddies. I now have the confidence and desire to try new things and through the many opportunities afforded through the base I have been able to try new things like rock climbing and snow shoeing! I joined the base gyms running club and went from not being able to run for even a full minute to having completed many 5ks, 10ks and 2 half-marathons! I am currently training for my 3<sup>rd</sup> and this time my husband has joined me along with some fellow CANDET members!

One of the greatest thing I have discovered through this journey is a true passion for hiking and it has quickly become one of my favorite things to do!!! I enjoy hiking with friends, family and also by myself. One of my family's favorite things to do now during the summer is to go camping and hike in one of the many beautiful areas there is to explore in Washington State. I

## OUTCAN Member Profile **continued**

also really enjoy solo camping/ hiking trips and pushing myself to see what I am capable of! One of the most challenging hikes I have done to date was Sourdough Mountain! The trail to Sourdough's summit totals 4870ft in elevation gain and is roughly 10.4 miles (16.77km) roundtrip. The trail wastes no time letting its true intention be known: to climb up and out of the towering conifers into open meadowlands with breathtaking views galore. In the first 2 miles alone, hikers face a climb of 3,000 vertical feet!

In August of 2017 I attempted to summit the mountain but just 0.8 miles away from the top I had to turn around and head back down. My heels were rubbed raw and bleeding, I was exhausted and I still had to make it back down before it got too dark! A particular saying kept ringing through my

ears "the summit is optional, the return is mandatory". I was on the mountain for over 8 hrs! I was saddened by not making it to the top but that just hardened my resolve to go back and do it again! On a beautiful morning in Sept 2018 I stood at the bottom of Sourdough Mountain, this time determined to make it! I headed up the trail. Many breaks, 4 bears and 2 snakes later I Had Finally Made It! Not only did I hit the goal I had set for myself but I had made it to the top and back down again in less time then it took me the first time and also feeling physically and mentally in a better place!

It hasn't always been easy, I have my bad weeks, my good weeks and really great weeks. I know this isn't a journey that I will complete anytime soon but a lifestyle change that I

will continue with for the rest of my life and hopefully set a much better example for my daughter! Today I am down 70+ lbs, I am stronger, healthier and happier then I can remember ever being and look forward to new adventures, sharing the knowledge I have gained and what the future will bring!



# Commandant of Formation Europe BGen Darlene Quinn

Commandant of Formation Europe, BGen Darlene Quinn (right on the picture), took advantage of a quick stop in Rome to see her “old team” from the NATO Defense College, and kept the running going by participating to La Corsa di Miguel, a 10 km fundraising race that ends in Rome’s Olympic Stadium, with Mrs. Kelly Bell (left on the picture).



## Race Across Canada Challenge

MCpl Flood from CFSU(CS) was the lucky winner of a National Sports gym bag as a result of his team’s participation in the October OUTCAN Fitness and Health Initiative. His team of 10 totaled 8534 km during the month’s activities.



# NORAD Pikes Peak Ascent

By Maj Matt Fullerton, RCAF, NORAD



The NORAD Pikes Peak Ascent has been an annual tradition organized by Canadians posted to NORAD for almost as long as NORAD has existed since 1958. At 14115', Pikes Peak is perhaps Americans most famous mountain after Denali in Alaska. It also holds significant historical importance as it was at the summit of this mountain that

Katharine Lee Bates was inspired to write her beloved poem "America the Beautiful" while taking in the spectacular views of Colorado for as far as the eye could see. Perhaps new to many, Canada also has some history on this mountain. Zebulon Pike, who led the first American expedition to the mountain and for which the peak bears his name, died

in York (now Toronto) during the War of 1812 (today a large plaque located near the summit supports this fact).

Although historians on both sides of the border debate on who won the War of 1812 (Canada of course!), we are fortunate to be on much better terms with our former American adversaries and have become brothers in arms now for over a century. No two countries share a tighter bond. A bond which has been built through devastating conflicts in two world wars, the Korean War, a cold war, and more recently in the fight against terror in Afghanistan. However, Canada and the US have probably not displayed this comradery more explicitly than through its binational command at NORAD. Here, US and Canadian men and women have worked alongside each other in defending our homelands for over 60 years. Naturally this has built strong



# NORAD Pikes Peak Ascent **continued**

friendships that extends into many activities that we share here in Colorado Springs.

This year's NORAD Pikes Peak Ascent continued to foster that comradeship through shared physical exertion and limited oxygen availability. A total of 49 participants and 3 volunteers from the US DoD, Canadian Forces, DND, and their family members attempting to climb roughly 7000ft up and 12 miles in length up the Barr Trail to the summit.

It all began on July 27 in the wee dark hours of the morning at the base of the Front Range in Manitou Springs. With everything ready to go, climbers started arriving at 0400 eager to hit the trail. By 0500, the last climbers and three volunteers acting as safety sweepers had begun their trek up the mountain. The day started out dark and

foggy, but the air temperature was cool and perfect for hiking. The first few miles of the trail were rather steep and winded through pine forests via several switchbacks. Although physically exerting right out of the gate, it wasn't so much that hikers were over taxed but enough that they were warmed up for the rest of the journey. At the top of this section near the end of the Manitou Incline, the trail flattened out dramatically and was easy going for next three miles. Still foggy and cool, many hikers were able to make good time and catch their breath before the real climb began near mile 6.

At 0830, everyone had made it to Barr Camp and after some light snacks and a short break, everyone was on the trail again motivated to reach the summit. Shortly after Barr Camp at around 10,000ft, the trail steepened once again

as hikers began to climb Pikes Peak proper. Roughly a mile beyond the campsite, we finally broke out of the mist and were treated to a spectacular view of the Front Range surrounded by a sea of fog below us. It was also at this point that we could catch a glimpse of the upper reaches of the mountain we were trying to scale. Though the distance seemed impossibly far away, no one seemed discouraged as the incredible scenery and warm sunshine brightened everyone's spirits and urged us to press on.

After countless more switchbacks, we reached the A-Frame just below 12,000ft. Shortly afterwards, we broke out above the tree line and caught our first peek of the summit. With just over 2000ft vertical elevation and 3 miles to go, the crux of the climb began here. Breathing became heavier



# NORAD Pikes Peak Ascent **continued**

and more difficult as the lack of oxygen started to become more pronounced. However, the scenery was even more dramatic as the elevation provided sweeping views of eastern Colorado. This only spurred us on to move higher to see what other panoramic vistas awaited us over the next ridge.

At 13,000 ft, everyone was noticeably moving slower as the grade steepened further and the lack of oxygen was beginning to take its toll. This was also about the time when cumulus clouds began to

appear which threatened to develop into early afternoon thunderstorms that had been plaguing the mountain all week. With that in mind, there was a sense of urgency to get to the summit earlier than later. Even though only 1000 vertical feet remained, the switchbacks crisscrossed the entire width of the summit face greatly lengthening the total travel distance.

However, after roughly an hour of intense hiking and burning lungs, the last group of climbers had made it to the summit! Mother Nature was

kind to us and provided us with spectacular 360 degree views of the eastern plains and the central Rocky Mountains. After many high fives, smiles, and photos, it was a fitting and rewarding end to the many hours our dedicated climbers had spent on the mountain. Thanks to our volunteers and Pikes Peak – America’s Mountain association for making this a fantastic and memorable adventure.

Photos by Maj Merrick Redden, RCAF and Capt Paul Simmons, RCAF



TC (ret US Army) Joseph Eckert and Capt (RCAF) Nisha Venkatesh at the summit.



# Implementation of the CAF FORCE Rewards Program

As of 1 January 2019, the CAF FORCE Rewards Program has been implemented.

In line with the CAF's objective of maintaining its high level of health-related fitness and operational readiness, the FORCE Rewards Program has been implemented to motivate personnel to reach higher levels of fitness while recognizing those who achieve excellence.

The incentive program is based upon the Self-Determination Theory - the most widely accepted framework for the study of individual human motivation (Deci & Ryan, 1995). Their model states that:

- a. Higher levels of motivation will lead to an increase in positive behavior and eventually yield higher performance results; and
- b. Individuals are moved by both internal and external factors which can play a major role in one's personal motivation.

The basics of the program include:

1. Members achieving Silver and above will receive a reward; Silver = t-shirt, Gold = hoodie, Platinum = hoodie, pin for DU and certificate
2. Members will be able to claim their reward via the Logistik Unicorp website. Information regarding how to claim a reward can be found at [www.cafconnection.ca/forcerewards](http://www.cafconnection.ca/forcerewards)
3. Initially, all rewards for OUTCAN personnel outside of Formation Europe will come to the OUTCAN Physical Fitness Coordinator who will then forward the reward to the member at the address they provided on the rewards website.
4. Only the first evaluation in any calendar year will count towards a reward. In other words, members may not try multiple times to improve their scores in order to receive/upgrade rewards.

# Implementation of the CAF FORCE Rewards Program **continued**

5. Those achieving the Platinum level will receive their reward from the det Senior NCO. The reward will be sent by the OUTCAN Physical Fitness Coordinator to the Senior NCO.
6. Finally, also beginning 1 Jan 2019 the criteria for attaining the Incentive levels has been increased in order to recognize only the top 50th percentile of CAF personnel. Members may wish to consult the FORCE Profile Calculator located at **[www.DFit.ca](http://www.DFit.ca)** to compare their scores from last year to the new criteria.

Prior to the completion of each FORCE Evaluation this year, the PSP Fitness Evaluator will provide a full briefing on how to claim a reward and will be available to answer any questions members may have regarding the program

For more information please contact the OUTCAN Physical Fitness Coordinator at **[Todd.Cirka@forces.gc.ca](mailto:Todd.Cirka@forces.gc.ca)**

**Silver**  
Performance  
t-shirt



**Gold**  
Performance  
hoodie



**Platinum**  
Recognition pin,  
certificate and  
Performance hoodie



# Pond Hockey at the Great Wall of China

By Cpl Dani Tzoweh MPSS Beijing



We stepped on to the frozen river and skated over to the nets. The sun was barely coming out. We carved some of the first tracks on the ice in the brisk morning wind. You'd think we were in Canada if it weren't for the Great Wall of China winding across the mountain.

Three CAF members posted to the Embassy of Canada to China were fortunate enough to join a pond hockey tournament in Gubei, China, around two hours from Beijing. The rules were simple: 4 on 4, no lifting the puck, and two 12 minute periods to determine the winner. 3 round robin games would seed the teams for the play-offs. Around 16 teams and 200 people arrived to watch and play, from all over China. Spectators could watch the games from the sidelines on the river, but only if they wore a police-issued lifejacket. When they weren't watching, they could enjoy the amazing reconstructed ancient Chinese village around us. Our entry fee got us access to the Gubei Watertown Resort, transportation, an amazing hotel room, and one day of unforgettable hockey.



The teams hit the ice in costumes ranging from dragon outfits, to an "Austin Powers" themed team, to Finnish motorcyclists with helmets and a little speaker with engine noises. We participated in two teams, the Coneheads and the Don Cherrypickers, with matching costumes.

## Pond Hockey at the Great Wall of China **continued**

The hockey was amazing. It was fun, fast, and hard! With no offside, cherry picking (hence the team name) meant high scores and lots of end-to-end skating. While we were waiting for the next game, we were enjoying the beautiful views and amazing camaraderie. Some of us would pop inside the resort for a Starbucks or a duck meat bun, a local delicacy similar to a pulled pork sandwich.



After playing 4 games and freezing until the afternoon, we were all out of the playoffs. The finals saw the Austin Powers team face off versus the Northern Vikings, who were all wearing knit toques with horns. The Northern Vikings were victorious, ending around 9 hours of hockey fun. We ended the night with a big banquet at the hotel restaurant, followed by a surprise live band till the wee hours.



Personally, I never grew up playing hockey. I picked up a hockey stick for the first time upon arriving at post and learned quickly as I joined the rec league. Having the opportunity to participate in such a Canadian experience at post, especially at such an iconic location, really highlights the unique opportunities available OUTCAN.

# Eat well. Live well.

## Eat a variety of healthy foods each day

Have plenty  
of vegetables  
and fruits



Eat protein  
foods



Make water  
your drink  
of choice

Choose  
whole grain  
foods

## Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



Enjoy your food



Eat meals with others



Use food labels



Limit foods high in sodium,  
sugars or saturated fat



Be aware of food marketing

Discover your food guide at  
[Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)

# At rest, we burn more calories in late afternoon

By Sharon Kirkey

## *Biological study subjects stayed in windowless room for 37 days*

In the name of biological science, it was a particularly big ask.

Boston researchers kept seven people in windowless rooms for 37 days. No clocks, radios, televisions, phones or internet. Bedtimes were adjusted so that each night, participants went to sleep four hours later, throwing their body's circadian rhythms so off balance the effect was like flying from England to Halifax one day, on to Vancouver the next, then the Marshall Islands and on to Hong Kong.

In the end, the researchers found that the human body at rest burns 10 per cent more calories in the late afternoon and early evening than in the early morning hours.

“It’s not only what we eat, but when we eat - and rest - that impacts how much energy we burn or store as fat,” co-author Dr. Jeanne Duffy, of the division of sleep and circadian disorders at the Brigham and Women’s Hospital, said in a statement.

Published in the journal *Current Biology*, the study may help explain why night or rotating shift work can increase the risk of becoming obese or overweight.

The study focused mainly on REE, or resting energy expenditure, the number of calories our body burns simply to stay alive. It’s the minimum number of calories needed to maintain physiological functions like blood circulation, breathing, body temperature and brain activity.

“The vast majority of the calories that we burn every day (60 to 70 per cent) are burned just to maintain our body functions,” Duffy said.

She and her co-authors explored whether our resting energy expenditure rate varies with our circadian rhythms, the body’s innate, 24-hour cycle that controls the body’s sense of day and night and when to eat and sleep.

For 37 days, volunteers aged 38 to 69 lived in modest rooms free of any clues about what time it was outside. They could read, watch videos or DVDs, but no visitors were allowed. The only contact with family or friends was through mail. They were all fed the same proportion of protein, carbohydrates and fats, and their body temperatures were monitored using rectal

# At rest, we burn more calories in late afternoon **continued**

sensors (the higher the core temperature, the more calories burned.)

Participants were paid roughly \$US12,000 ("They weren't just giving up 37 days of their lives for nothing," Duffy said.)

For three weeks, each night their assigned bedtime was pushed four hours later than the previous night, confusing their normal circadian rhythms. All lights were turned off throughout scheduled "sleep opportunities." The effect, Duffy said, was equivalent to "circling the globe every week." However, it also allowed researchers to take measurements across every waking time for several weeks, "so that we could get an idea of whether resting energy expenditure was always the same no matter what biological time they woke up at, or whether it varied."

They found the amount of calories burned was lowest in the late night, corresponding to the dip in core body temperature, and highest 12 hours later, the equivalent of late afternoon or early evening.

The study is small. And it's not clear whether people should be timing their meals to the late afternoon-early evening peak, or avoiding eating after early morning workouts when resting calorie burn is the lowest. More research is needed.

However, "the fact that doing the same thing at one time of day burned so many more calories than doing the same thing at a different time of day surprised us," said co-author Kirsi-Marja Zitting.

The difference between the peak and minimum calorie burn time is about 130 calories per day, the researchers estimate.

"If you ate at the wrong biological time once, it wouldn't have much impact," Duffy said. But more often, "it could add up over time and lead to weight gain."

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# Upcoming events March to May 2019

## USA

### Philadelphia

- FORCE Evaluations – 14 Mar  
OPI Maj WO Sara Mullen

### CSA Houston

- FORCE Evaluations – 28 Mar  
OPI Mr. Todd Cirka

### EADS

- FORCE Evaluations – 7 Mar  
OPI MCpl Marie-Pier Grimard-Berube

### WADS

- CAN-AM hockey challenge – 1 Mar  
OPI MCpl Ken Thomson

### JBER

- FORCE Evaluations – 2-3 May  
OPI WO Pascal D'Antonio
- Health Promotion briefing – 4 May  
OPI WO Pascal D'Antonio

### Ft Leonard-Wood

- FORCE Evaluations – 18 Apr  
OPI Maj Ian-Guy Dupuis

### Norfolk

- FORCE Evaluations- 30 Apr  
OPI Maj Sam Perreault

### Ft Meade

- FORCE Evaluator Training – 14 May  
OPI MCpl Andrew Behnke
- FORCE Evaluations – 15-16 May  
OPI MCpl Andrew Behnke

### Ft McNair

- FORCE Evaluations – 15-16 May  
OPI MS Geoffrey West

### Robbins AFB

- FORCE Evaluations – 16 May  
OPI Capt Hani Mustafa

### Tinker AFB

- FORCE Evaluator Training – 21 May  
OPI MCpl Devin Tuck
- FORCE Evaluations – 22-23 May  
OPI MCpl Devin Tuck

### Joint Base Cape Cod

- FORCE Evaluations – 23 May  
OPI Capt Adam Keeney

## Europe

### Geilenkirchen

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

### SHAPE

- FORCE Evaluations – 19 May  
OPI WO Tammy Thomas

### Brussels

- FORCE Evaluations – 12 Mar  
OPI Cpl Francis Desnoyers

## Monthly OUTCAN Fitness and Health Initiatives



### Upcoming Initiatives

**March:** Support Unit Cardio Challenge

**April:** Pump it Up

**May:** Pedometer Challenge

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



# Featured Exercise **Lateral Bounding**



Start by standing on the right foot. Using power, jump as far as you can to the left, landing on the left foot absorbing the impact by flexing the knee. Jump immediately as far as you can to the right, landing on the right foot. Repeat for reps. Consult [www.DFit.ca](http://www.DFit.ca) for a video of this exercise.

This may be used as an aerobic exercise as part of a circuit by completing the exercise for 20-30 seconds or as a power exercise by completing only 3-4 reps of the exercise. If for power, perform more slowly; upon landing allow the knee to flex deeper and then explode off the leg in the other direction. The movement should be a maximal effort when power is the focus. The rest to work ratio should be 1:1 or 1:5 for aerobic focus and 1:20 for power. For example, if it takes you 10 seconds to complete a power set of 3 reps you should allow 200 seconds recovery before repeating for set #2.