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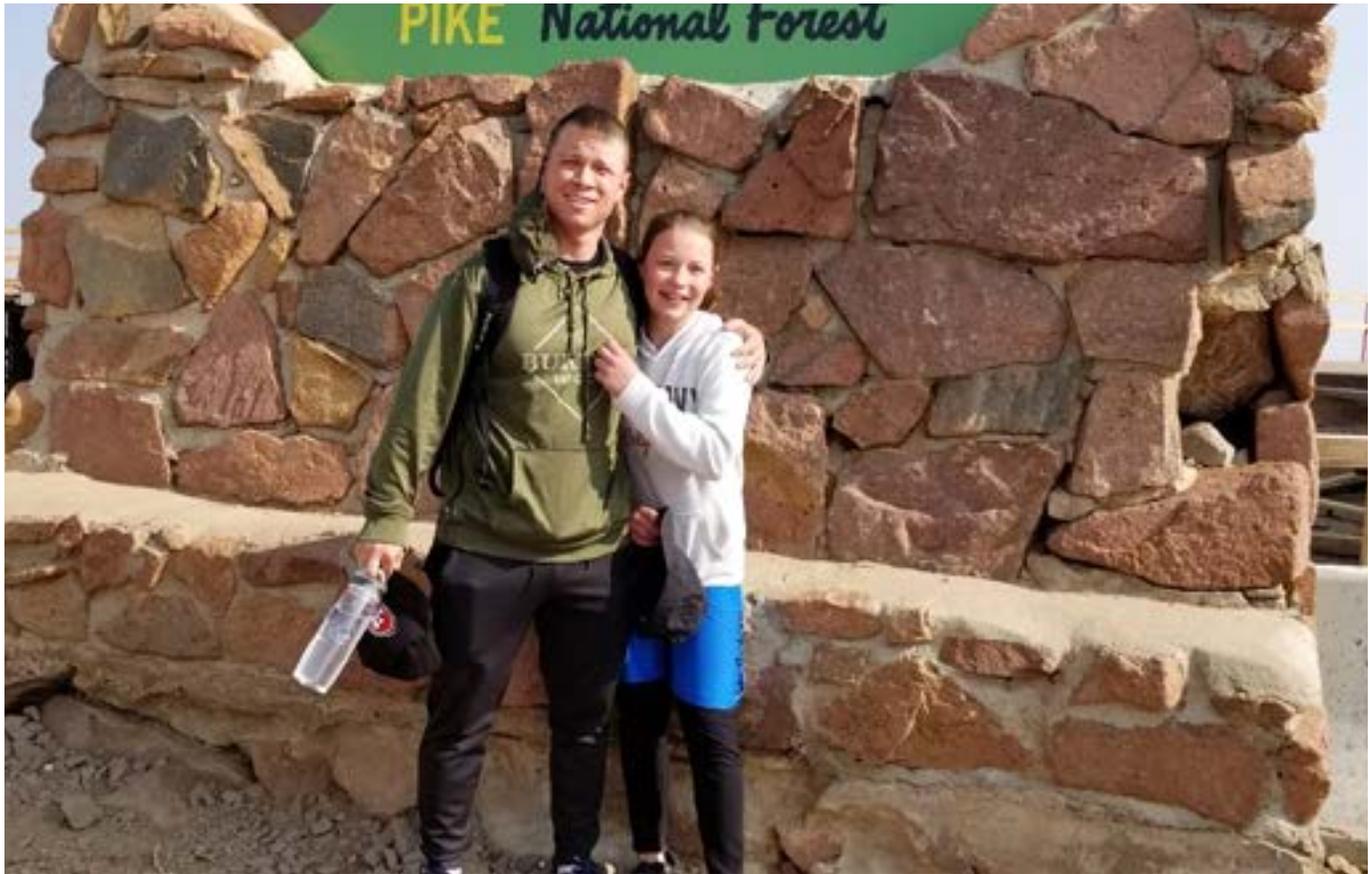
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OUTCAN Member Profile MCpl Aaron Robinson

CFSU(Colorado Springs) TIS

My name is Master Corporal Aaron Robinson. I am a member of CFSU (CS) TIS in Colorado Springs, CO since 2018. I have a family of five, with my wife Nicole, and our three children Kelly (12), Christopher (10), and Nathan (7).

Please tell me a little about your fitness/health/sports experience: I have always enjoyed all sports growing up, and been very competitive. I really started engaging in physical fitness after joining the forces in 2005. I have had aspirations to join CANSOF since being a young private, and that has helped me focus on working to be at my best physically since early in my career. I have been a BFTA since 2011,

and have regularly run PT classes for the units I have been posted to. This has helped me immensely in my ability to understand fitness, and the importance of health in reaching long term goals. I regularly use my lunch hours when time permits to run, go to the gym, or play pickup sports with our American hosts. The most rewarding experience I have had the privilege of experiencing has been coaching children's organized sports. I have coached soccer and hockey for local organizations and YMCAs for many years. The growth that the children have coming together as a team is extremely rewarding, and the added benefit is it gives them a positive experience with physical activity.

Please tell me a little about your current OUTCAN posting. Location, job responsibilities, etc:

I am currently posted to Colorado Springs, CO as an ATIS technician. My responsibilities include a wide range of IT support to include; PC replacement/repair, Network configurations, Cell phone distributions, Audio/Video Setups, and troubleshooting user's problems within all these systems. We support the entire of CANELEMNORAD to include Colorado Springs and its detachments.

Please tell me about some of the advantages of an OUTCAN posting as it relates to maintaining a healthy lifestyle: Living in Colorado Springs has given some unique op-

portunities for fitness due to its ideal climate which allows for outdoor recreation all year round. It also has a beautiful environment to include the front range of the Rocky Mountains which makes for some great hiking opportunities. Skiing is also a very popular recreation at this particular post, and has been a great family experience.

Please tell me about some of the challenges of an OUTCAN posting as it relates to maintaining a healthy lifestyle:

The main challenge has been the pandemic, and the limitations it has caused. Getting together with friends and colleagues for fitness activities and sports has been a huge challenge, especially in the USA with their higher caseloads. As well the children have lost opportunities to participate in sports and build those relationships. We have done our best to adapt by biking and doing more physical activities together as a family. This has had its own rewards, but is not an alternative to what is gained when they participate with their peers.

Can you please provide me with some details regarding your current physical fitness training program? Include any recreational activities you enjoy, especially those that are different from those you participated in while in Canada:

My physical fitness program has included a lot more hiking, running, and biking in the past year due to the COVID environment. Our family has purchased a few items for our garage to keep active as we try to avoid public gyms. Due to the home schooling environment it has been a challenge to keep our children active, especially with the loss of organized sports. I have enjoyed doing these workouts with my children and spouse and it provided for its own humour at times. I personally enjoy all manner of competition and physical activity especially field sports like soccer and football. The most unique activity I have participated in here in Colorado Springs has been the Annual Pikes Peak Hill Climb. This is a very challenging and very rewarding activity, and is one of the biggest highlights of my time here in Colorado Springs.

Do you have any advice for personnel being posted to an OUTCAN location for the first time? My advice for any personnel being posted OUTCAN is explore the environ-

ment and local customs. I have inserted myself into bi-national activities like lunchtime pick up soccer and CSEL PT. This has been rewarding for work and personal relationships. I also recommend trying to include your hosts in your physical activities as a unit, and share our Canadian esprit de corps.

Intro to Fitness @ Home

As we are all doing our part to help decrease the spread of the COVID-19 virus through self-isolation and social distancing, a new section on the OUTCAN Fitness Program website has been created to enable CAF personnel and their families to stay fit and healthy. The Fitness @ Home section provides home based workouts via live-stream and on-demand, a monthly @ Home Challenge as well as the opportunity to "Ask an Expert".

Please click

www.cafconnection.ca/United-States/Fitnessathome

and

<https://www.facebook.com/OutCanFitness>

STAY SAFE!

OUTCAN Fitness and Health Initiatives

Dec 2020-Feb 2021

December - HIIT

✓ High intensity interval training program

January - Calorie Crusher

✓ Burn those extra holiday calories with this intense 30 day challenge

February - FORCES Fit

✓ Complete 15 of 25 workouts to receive a nice performance t-shirt

Click [here](#) to register



Winner of the 60-day Push-up Challenge

After 60 days of consistent effort Capt Robert Anderson from NORAD-USNORTHCOM increased the maximum number of pushups he could do from 30 to 50. Outstanding work Capt Anderson.

The 60-day Push-up Challenge was the OUTCAN Fitness and Health Initiative for the months of August and September.

Congratulations!!!

Register today for the next OUTCAN Fitness and Health Initiative at www.Cafconnection.ca/United-States/Fitnessathome

OUTCAN Spouses Staying Active

As a mom of two girls, Michelle Darrell is very aware of the importance of modeling and fostering an attitude and mindset of self-confidence and healthy living. This, however, wasn't always a focus in her life. As an overweight teen and young adult, Michelle had struggled with body image and unhealthy habits her whole life. By the age of 29 she had seen some success with various diet programs and limited "working out" but it wasn't until she became a mom, that the gravity of what being healthy really meant, hit home.

In the fall of 2010, Michelle set her mind to really changing her lifestyle and her focus was on self-care and longevity. It was no longer about dress size or vanity but about seeing her baby girl grow up and importance of being a positive role model. It all started with journaling her food and walking. Knowing realistically that Michelle had 100+ lbs to lose, there was a long road ahead but determination and a clear "WHY" was motivation enough.

Three years later, and another baby, Michelle reached her goal weight with over 100lbs lost and not only weight lost, but so much life gained. Michelle signed up for a "learn to

run" 5k program after the birth of her second daughter and after a year of training ran numerous 5, and 10k races and then went on to run 5 half marathons.

During her weight loss journey, Michelle was methodical and very rarely strayed from her food based weight loss strategy. Although it was a great program, it needed consistency and support so when, as a military family, Michelle lived through a yearlong IR, some of the weight crept back on but her running, healthy habits and self-care attitude stayed. It became more about living life with balance, than weight loss.

Currently, Michelle and her husband love hiking and biking with their two girls, who are now 8&10 years old, in beautiful California! Michelle continues to work on her weight maintenance and healthy living by riding with the Peloton community, as well as strength training and just enjoying the outdoors! She learned over all that maintaining over 80lbs of weight loss in a healthy way, and still living life fully is so much more rewarding than simply being at a "goal weight". Balance is key and she is always striving to live with an attitude of gratitude and a motto of progress over perfection.

FORCE Prep 1c

Equipment required: backpack, duffel bag, KB, DB or sand bag filled with 20-40 lb

Warm-up

- 01 Walking arm circles
- 02 Walking arm flings
- 03 Walking arms across chest
- 04 Walking high knees
- 05 Walking heels back
- 06 Walking frankensteins
- 07 Side shuffle
- 08 Carioca
- 09 Jog on spot
- 10 Dynamic – Side bends, squats, front/rev lunge, side lunge, spiderman, burpees

Cool-down

Hold all stretches for 30 seconds

- 01 Door stretch
- 02 Front delt stretch
- 03 Hip flexor stretch
- 04 Quad stretch
- 05 Hamstring stretch
- 06 Seated glute stretch

Workout

MAX EFFORT

20m Rush

Start in prone position with hands raised, 10 x run on spot with high knees, touch line, hand release burpee, 10 x high knees - repeat for 7 reps x 3 sets - 60 seconds rest between sets.

SB Lift

Sumo DL HP, lunge right, return to centre, Sumo DL HP, lunge left, return to centre - repeat for 25 reps x 3 sets - 60 seconds rest between sets.

ILS

Clean SB to shoulder, high knee walk x 20 seconds, drop BP, run high knees x 15 seconds - repeat for 4 sets x 3 sets - 45 seconds rest between sets.

SB Drag

15 x bicep curls, 20 alternating reverse lunges x 4 sets - 45 seconds rest between sets. Finisher: Tabata - squat with SB on shoulder



Phys-ed: Another COVID Casualty

Less than five per cent of kids, teens getting recommended activity, say Dr. Maria Rogers and Tessa Ritchie

by: Dr. Maria Rogers and Tessa Ritchie

It's now been more than a month since schools reopened and, for many families, life has begun to resume some semblance of normalcy. We now have a school-week routine with some predictability. Some parents even welcome once-dreaded tasks, such as early mornings and packing lunches, with a newfound appreciation.

As a pair of health professionals, we are inherently curious about how Canadian kids are adapting to this new reality. We routinely ask our clients, friends, family members and neighbours: What does your classroom look like? How are you learning? What is recess like? How are you playing or interacting with friends? Where do you eat?

OUTCAN CAF Sports Day 23 October 2020

This year's CAF Sports Day was very challenging given the restrictions placed on group activities by COVID-19.

Despite the restrictions three USA locations managed to celebrate sport while maintaining physical distancing. Others were still able to participate by registering as individuals for a number of sporting activities.

The month kicked off with a Run for the Cure on 4 October. The OUTCAN team comprised of MFSUS and PSP Fitness staff and CAF personnel raised over \$3000 for

breast cancer research in Canada. The team shattered their \$1000 fundraising goal and are looking forward to next year's event.

Group Sports Day events were held at Peterson AFB in Colorado Springs, CO, NOPF Whidbey Island in Washington State and at CFIOG Det Hawaii.

Activities included a Terry Fox run as well as a hike through the hills of Oahu.

What happens when someone gets sick? We have heard some great stories. For instance, to the surprise of many, most children have taken to wearing masks like true champs (possibly better than many adults). And we have heard countless stories of dedicated teachers working diligently and creatively to ensure the safety and happiness of our elementary and secondary students.

Yet while witnessing incredible stories of resilience from many children, one question has left us concerned: What are you doing at school for physical activity? Sadly, many of the responses to this question have been less than inspiring. In some schools, gymnasiums are being used for classrooms and physical education classes have gone outdoors (on nice-weather days only). Sports teams, body breaks, open gym time, sporting competitions and in-school fitness are suspended in many areas. Although some physical education activities can be successfully implemented with social distancing, it is an unfortunate reality that many cannot. In Ontario high schools, a student who has phys-ed class in their “quadmester” timetable may only get physical activity at school half of the week for 10 of the 40 weeks of the school year.

If we were concerned about the barely-there physical activity requirements in our schools before the pandemic, our concern has reached a whole new level. In 2018, 35 per cent of five-to-17-year-olds met the guidelines of 60 minutes of daily physical activity; during the pandemic only 4.8 per cent of children and 0.8 per cent of teens are meeting 24-hour movement guidelines.

To make matters worse, it appears that most Canadian children tend to get their physical activity at school: A Canadian study tracked kids’ activity levels over time and found that students are most active on school days and during school hours.

The benefits of physical activity extend far beyond just our children’s physical health. Research has demonstrated that positive effects are also seen in children’s cognitive skills - the underlying thinking skills that are essential for learning. That is, the more that children and teenagers are active, particularly with aerobic exercise, the better they are able to focus, listen and follow directions in the classroom, and ultimately get better grades. In contrast, students who spend more of their time in

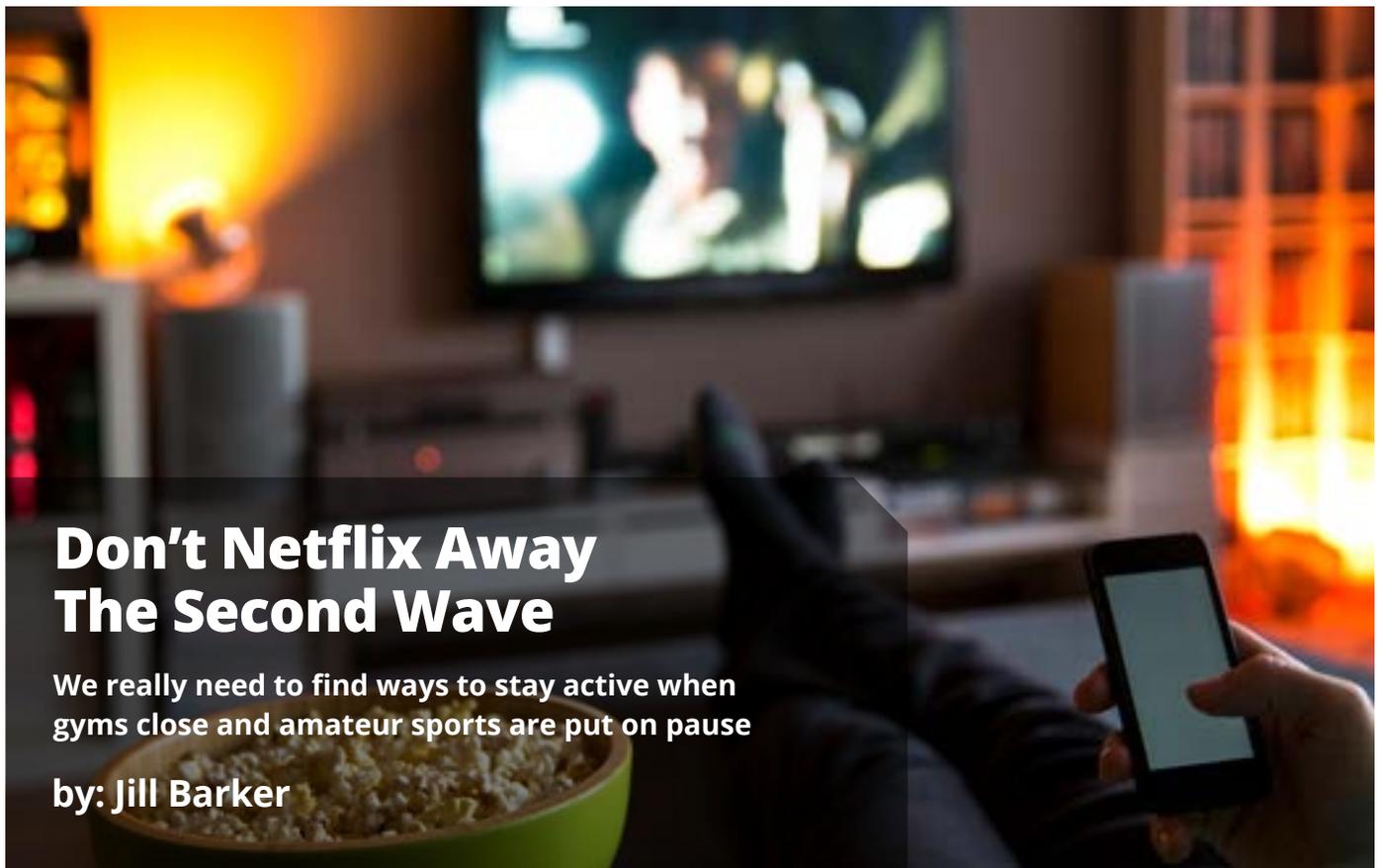
sedentary activities (on screens) are more likely to struggle in these same areas.

And while daily physical activity at school is essential for all students, it is especially important for students who struggle with inattention, anxiety and learning challenges. For these kids (who are often less active than their peers), when regular physical activity is introduced into their routines we see improvements in their mood and emotional regulation, as well as increased focus and sustained attention.

So parents, for your kids who have experienced endless disruptions to their routines and have adjusted to all the new rules - let’s get exercise back into their daily schedule. Walk to school. Run around the block. Try out those online workout classes. Get some extra help raking leaves and shovelling snow. Play! Because as we prepare to set our clocks back Nov. 1 and hunker down for these long winter months, we could all use a little extra activity to keep our bodies and minds healthy during these trying times. Dr. Maria Rogers is a Clinical Child Psychologist and Associate Professor at the University of Ottawa. Tessa Ritchie, MSc, is a Doctoral student in Clinical Psychology and a former varsity athlete.

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Don't Netflix Away The Second Wave

We really need to find ways to stay active when gyms close and amateur sports are put on pause

by: Jill Barker

Here we go again. As the number of COVID-19 cases has risen back to critical levels across the country, gyms are seeing their capacities reduced or being closed altogether. Limits have been placed on team sports at the recreational and competitive level. And while not all provinces have put the brakes on sports and certain other types of physical activity, the risk of another coast-to-coast shutdown is high.

Back in March, when gyms closed for the first time, spring was right around the corner. Days were getting longer and the weather warmer, which made it easier to find ways to do a workout outdoors. This time around, it's dark when we roll out of bed and dark again when we sit down to dinner, which means it's less inviting at either end of the day to get in a workout.

With more obstacles in their way, Canadians are likely to go back to the more sedentary habits they adopted in the spring, when - according to data collected by ParticipACTION, the national organization whose mandate is to get Canadians moving - people were more likely to watch television or sit in front

of a computer screen than exercise.

When it comes to the consequences of COVID-19, a lack of exercise may seem trivial, but for many people exercise isn't just a boost to their physical health; it also improves their mental health - a theory that's supported by a growing body of evidence. The World Health Organization defines mental health as "a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

Some people actively seek out exercise as a therapeutic option to improve mental health, be it at the suggestion of a medical professional or by virtue of the good feeling that often accompanies a good sweat. Others are so used to their exercise routine that they go into a funk when their workout schedule is disrupted. Then there are those who have very defined goals that are at risk of being abandoned without access to a training facility, which adds to their stress level. Also worth mentioning is the loss of social connection,

which can be felt by anyone who plays team sports or prefers to sweat in a group versus on their own. Beerleague hockey, soccer and basketball players, curlers, masters athletes, gym rats and others of all ages who play organized sports are at risk of being negatively affected emotionally and physically by the loss of their exercise routine.

Several studies have emerged looking at the mental health effects of the change in physical activity during the COVID-19 pandemic, most of which came to a similar conclusion: those who let their exercise routine lapse reported an increase in depressive symptoms, loneliness and stress compared to those who kept up their normal workout schedule. With this in mind, it's clear we need to find ways to be active and stay connected when gyms close and organized sports are put on pause. Governments need to understand the value of maintaining access to some sports and recreational facilities in the event that gyms and team sports are deemed too risky, and need to encourage Canadians to keep moving during stressful times. The goal is to find the right balance between keeping sports

and exercise enthusiasts safe and allowing access to enough resources to keep them active.

It's not just governing bodies that need to take heed of the physical and mental health costs of disrupting the exercise routine of active Canadians. Coaches, sport league administrators and parents need to find creative ways to fill the void. Team or group exercise workouts designed for the home and delivered in real time online by a fitness professional - ideally at the same time as regular workouts or team practices - are a good idea. So are online strategy sessions or educational seminars on

sport-specific conditioning, nutrition or innovative training programs given by experts. And how about virtual team dinners spent together yet apart, team or group physical activity challenges using exercise apps to track activity - with prizes for the most calories burned or minutes spent on the move - and workouts designed to facilitate two people training together while still maintaining physical distancing? These types of activities will become even more important as autumn leads into winter and the numbers of COVID-19 cases rise and fall. Restrictions on group exercise and places where exercisers congre-

gate are usually announced with only a few days notice, so the time is now for gyms, coaches, trainers and sports leagues to start brainstorming ideas to keep their communities physically active and socially connected.

The first shutdown of facilities and programming took us by surprise. This time, let's learn from the past and ensure the physical and mental health of active Canadians are well looked after in the months ahead.

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Sgt Corey Bertrand keeping everyone fit during a sana distancia physical distancing PT class in the garden of the chancery in Mexico City, Mexico.

Squat/Lunge Complex

START

Stand with your feet hip or shoulder width apart and toes pointing forward or slightly out



ACTON #1

Squat: Sit back by bending your knees, keeping your chest up to keep your low back flat. Keep your knees from collapsing inward and your weight on the mid to rear of your feet. Lower down until your thighs are parallel with the floor or until you start to lose the flatness of your low back. Return to the starting position.



ACTON #2

Forward/rear lunge: From the start position step forward with one foot. Bend your knees while keeping your back flat and front shin perpendicular from the floor. Lower down until your back knee is almost touching the floor. Return to start position then step back with the same foot into a rear lunge. Ensure your knees are both stable and pointing in the same direction ahead. Drop until your back knee almost contacts the floor then push up to return to the start position. Repeat for the other leg.



FINISH

Complete one squat, one front lunge and one rear lunge for each leg then repeat cycle.

Eastern Air Defense Sector participates in 40th annual Terry Fox Run



Canadian Detachment participants in the Terry Fox Run, pictured from left to right, were: Capt Ashley Duda, Capt Rob Bauer, LCol Josh Klemen, MCpl Adam Kittson, Capt Adam Murray, Sgt Patrick Flynn, MCpl Jeff Feenstra, WO Don Ellery, Sgt Shane Burden, Lt Greg Janes, and MCpl Marie Grimard-Berubé. Photo submitted by Warrant Officer Don Ellery

Exercising in the Cold

During exercise in the cold, the heat produced from contracting muscles may not be enough to prevent a drop in body temperature. Hypothermia is a condition when body temperature decreases, and the risk for injury increases in some people when body temperature falls below 96.5 °F (35.8 °C).

The following will help reduce cold related injury:

- Cover your head, face, legs, feet, and hands. These areas are at greater risk for injury;
- The risk for cold injury is higher when the conditions are wet (e.g., snow or rain);
- Wear appropriate footwear to prevent slipping;
- Adjust clothing and layers to help maintain warmth but prevent too much sweating;
- Be aware of the wind speed. For example, if the air temperature is 30 °F (-1.1 °C) and the wind speed;
- is 10 mph, then the actual temperature will be 21 °F (-6.1 °C);
- Avoid exercise if possible when temperature falls below -8 °F (-27 °C). Tissue injury can occur in 30 minutes or less under these conditions;
- Avoid exercising in the rain as this increases the risk of hypothermia;
- Individuals with more body fat and muscle mass are at a lower risk of a cold weather-related injury;
- Higher intensity exercise (ie: greater than 70% hr max) allows for greater heat retention and lowers risk of cold weather-related injury;
- Wind chill temperatures above -5 celcius pose very little risk of injury. Wind chills below -27 celcius greatly increase this risk;
- A three-layer clothing strategy is most effective – base layer to wick away sweat, middle insulating layer and outer weather resistant layer to protect from wind, rain. Hat and gloves are recommended;
- People with asthma are more susceptible to cold-induced bronchoconstriction (narrowing of the airways caused by exercise). Although this condition is transient and does not seem to lead to permanent damage this may be mitigated through the use of a scarf over the mouth and nose. It is basically a performance limiter – pers aren't able to train at higher intensities however those with asthma may be affected such that they are not able to participate;
- Individuals with Coronary Artery Disease (CAD) are at a higher risk when exercising in the cold

Pay attention to the following symptoms when exercising on a cold day:

- Decreased ability to perform small tasks with your hands due to loss of feeling from the cold;
- Hands and feet begin to get cold;
- Mild shivering;
- Areas of the body exposed to the environment may appear red and/or feel painful;
- Dehydration may also occur in the cold because you may forget to drink fluids.

MCpl Marie-Pier Grimard-Berubé Completes Adirondack 46 Peaks Challenge

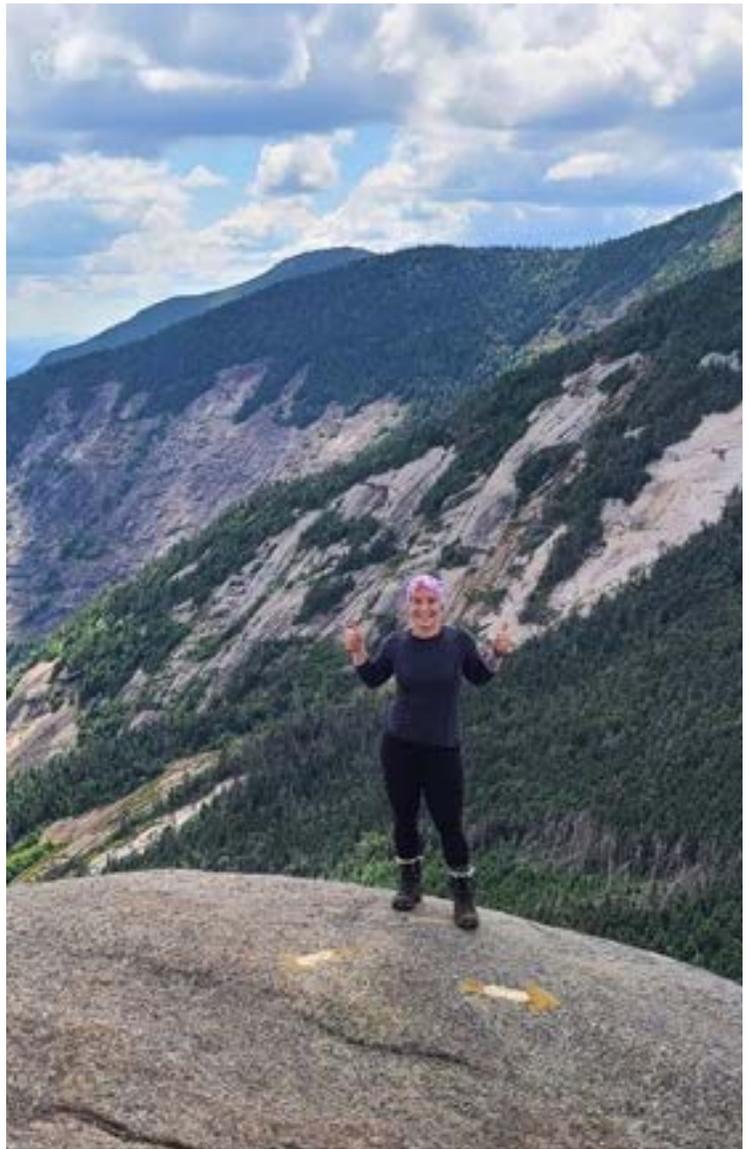
By WO Don Ellery Unit Warrant Officer Eastern Air Defense Sector

Master Corporal Marie-Pier Grimard-Berubé, Senior Human Resources Administrator for the Canadian Detachment at the Eastern Air Defense Sector will be the newest member of the ADK forty-sixer club!

“ADK46er.org” describes an ADK46er as an individual who has climbed all 46 mountain peaks which are over 4000 feet in elevation in the Adirondacks Mountains of upstate New York; a total climbing ascent of approximately 79,300 feet. According to the ADK 46er organization, interest in hiking the peaks began in the 1920’s at a time when only 12 of the 46 peaks had established trails. The 46er club, which has tracked the accomplishments of its members since it was founded in 1948, reports just over 12,000 people have successfully completed the 46 peak challenge.

MCpl Grimard-Berubé’s one year, 11 month, 19 day challenge spanned 296.68 miles in total distance and 164 hours and 20 minutes of hiking time. Her journey began with Porter Mountain, elevation 4069 feet, and concluded with Saddleback Mountain, elevation 4515 feet. Her longest single hikes were 33.2 kilometers (20.63 miles) when she accomplished Redfield and Cliff Mountain peaks, and 13 hours 30 minutes when she conquered five peaks in the Dix range.

MCpl Grimard-Berubé’s accomplishment is a testament to her dedication to personal fitness and motivation. In addition to personal development, she regularly strives to improve the physical well-being of fellow Canadian Detachment members, facilitating events such as fitness testing, or-



MCpl Marie-Pier Grimard-Berubé celebrating completion of the 46er challenge atop Saddleback Mountain.

ganization of the unit’s participation in Canadian Armed Forces sports days and the annual Terry Fox Run, which took place on 20 Sept 2020.



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