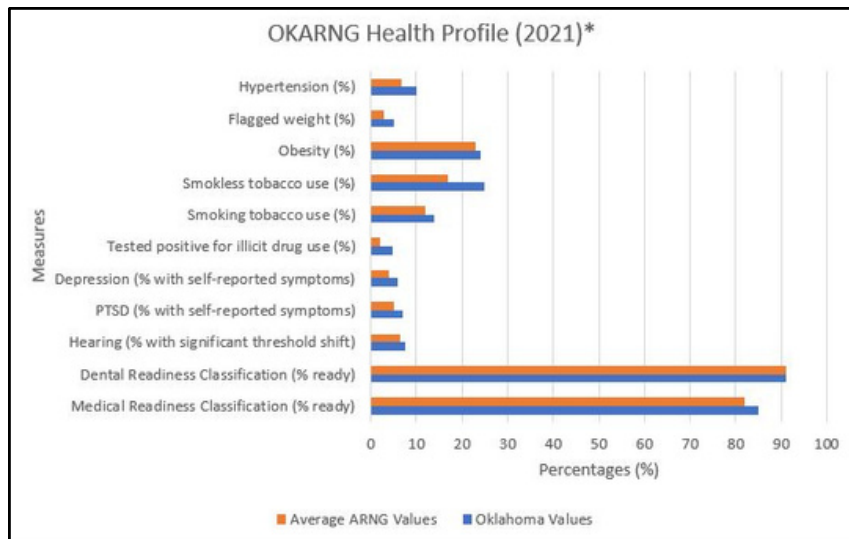


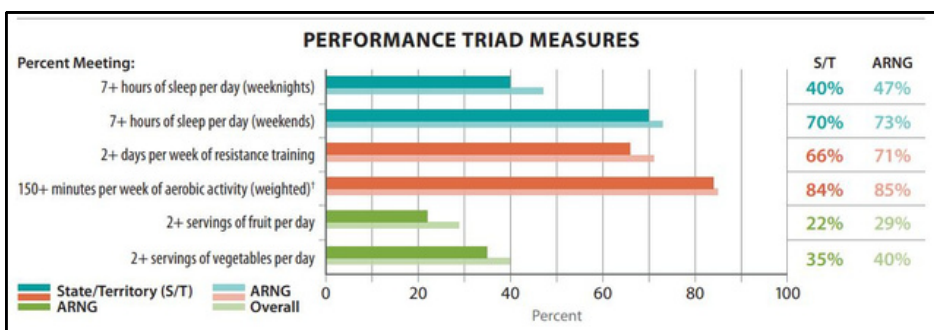
C-SH2FT

The Health and Wellness Division Newsletter



OKLAHOMA HEALTH

In the 2022 Health of the Force Report, the Oklahoma Army National Guard was compared against the National Average in major health categories such as obesity, hypertension, tobacco use, readiness, etc. Oklahoma service members were more likely to have detrimental health factors, and were less likely to be classified medical or dental ready. The Oklahoma National Guard’s overall health index score is 52/54. This underscores the need for targeted efforts to address health disparities and promote wellness across the state.



OKLAHOMA PERFORMANCE

The Performance Triad is a comprehensive program designed to improve readiness by focusing on three areas: physical activity, nutrition, and sleep. Oklahoma ranks below the national average in all areas such as physical activity, hours of sleep, and vegetable/fruit servings. These values suggest a need for more targeted interventions to improve the health and wellness of our Oklahoma National Guard population.

Upcoming Events

70-Day Wellness Challenge

January 2 - March 17

All Guard Endurance Team Time Trials

March 9

Norwegian Ruck

April 13

TAG Wellness Day

May 7

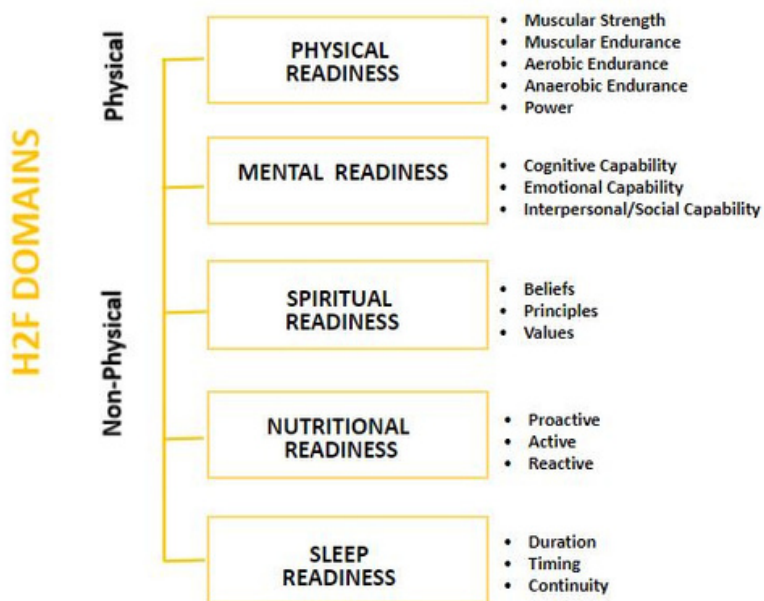
Summary

- Oklahoma Health
- Oklahoma Performance
- Holistic Health and Fitness
- Health Tips
- Trivia Questions



HOLISTIC HEALTH AND FITNESS

Holistic Health and Fitness (H2F) is the Army's improved readiness program focused on improving our service members' overall wellness. Compared to the old doctrine, H2F encompasses both physical and non-physical components through 5 domains.



This program provides education, coaching, and mentoring to improve, restore, and maintain our resilience and performance. It focuses on individuals to optimize personal readiness, morale, and effectiveness. By formalizing the way we train, develop, and care for our service members both physically and non-physically, we reduce injury rates and speed up rehabilitation and reconditioning. Your OKNG H2F team will continue to develop and adapt this program to help create a stronger, more resilient force. Our H2F team will continue to bolster this comprehensive program to improve the readiness of the OKNG. Together we will create a culture that prioritizes total well-being for ourselves, our fellow service members, and our families.

Trivia Questions

Which is NOT a macronutrient?

- a. Protein
- b. Fat
- c. Minerals
- d. Carbohydrates

Which activity lowers stress and raises endorphines?

- a. Sleeping
- b. Eating
- c. Working
- d. Exercise

What should you NOT do at least 1 hour before sleep?

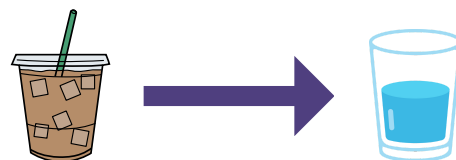
- a. Scrolling Social Media
- b. Watch TV
- c. Drink Coffee
- d. All of the above

HEALTH TIPS: COFFEE

Indulge in your favorite caffeinated beverage that is delicious both hot and cold: COFFEE! Discover three major health benefits to drinking coffee.

1. Boosts cognitive function and alertness
2. May lower the risk of certain disease's such as Parkinson's and Alzheimer's
3. Contains antioxidants that promote overall wellness

Even with all the benefits, coffee can dehydrate you. Follow this golden rule when drinking coffee: For every cup of coffee, match it with a cup of water to stay hydrated!



SLEEP PROJECT .zZZZ

Do you want to learn more about your sleep? The H2F Team is seeking full-time OKARNG personnel to help us improve sleep readiness!

You will receive:

- A DREEM headband to wear for 30 days
- Real-time tracking of your sleep cycles
- Education about your sleep quality and circadian rhythm
- Customized feedback for improving your sleep

For more information, go to the Health and Wellness GKN Page!