

C-SH2FT

The Health and Wellness Division Newsletter



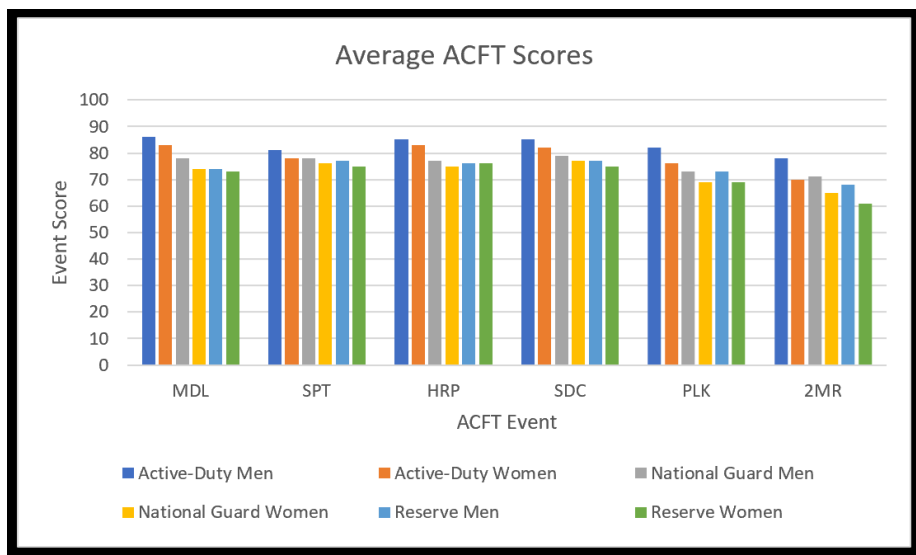
HOW DO YOU MEASURE UP?

CURRENT ACFT SCORES AVERAGES

The United States Army began to beta test the Army Combat Fitness Test in 2019. However, beginning in 2022, the Army adopted the ACFT as the Official Physical Fitness Test. In 2022 the ACFT became the test for record for the Active Duty Component; however, it became for record for the Reserve Component April 1, 2024.

ACFT Average Scores

Component	Overall Pass Rate	MDL	SPT	HRP	SDC	PLK	2MR	Overall Score
Active-Duty Men	98%	86	81	85	85	82	78	498
Active-Duty Women	95%	83	78	83	82	76	70	477
National Guard Men	96%	78	78	77	79	73	71	458
National Guard Women	90%	74	76	75	77	69	65	439
Reserve Men	95%	74	77	76	77	73	68	452
Reserve Women	90%	73	75	76	75	69	61	434



Each Component has achieved an overall pass rate above 90%! However, the Overall Scores between the Active Component and Reserve Component are averaging a 43 point difference for men and a 41 point difference for women. Will the Reserve Component's Overall Score increase within the next year, or will it continue to fall short of their Active Duty Counterparts?

Upcoming Events

Fresh Food Market @ 137 SOW Food Pantry
August 3

Family Program's Father Son Float Trip
August 10

Oklahoma's Fallen Heroes 1/2 Marathon
September 24

Strong Bonds Marriage Retreat
September 27 - 29

Summary

- Army Combat Fitness Test
- ARNG PEC H2F
- MRT Skill: Real-Time Resilience
- Resources & Event Information
- Trivia Questions



ARNG PROFESSIONAL EDUCATION CENTER (PEC): H2F RESOURCE

“You can do a lot with a little bit of time. The National Guard is proof of that.”

Did you know that the Professional Education Center has created a Mobile Whiteboard that can assist your unit in optimizing their health? Their mission is to provide service members with weekly workouts that enhance their physical strength and endurance as well as education and resources to improve their overall health.



The various sections on the whiteboard include:

- Physical Training
- Nutrition
- Sleep
- Spiritual Fitness
- Stress Optimization
- Exercise Library
- Training Archive
- H2F Hit-Pocket Training
- H2F Unit Level Training
- H2F Regulations
- Contact Information

This mobile whiteboard can be found at:
<https://physicalreadinesspec.squarespace.com>

TRIVIA QUESTIONS

What minimum score do you need to achieve in each event of the ACFT to be exempt from tape?

- a. 60
- b. 70
- c. 80
- d. 90

**T/F
The ACFT has an extended scale.**

- True
- False

What does the 3 Repetition Maximum Deadlift Measure?

- a. Muscular Endurance
- b. Muscular Strength
- c. Flexibility
- d. Speed

MASTER RESILIENCE TRAINING SKILL: REAL-TIME RESILIENCE

Each day we have several important performance: daily PT, getting kids ready for school, job duties, etc. However, counterproductive thoughts can take our attention off our tasks and hinder us from performing to the best of our ability.

Real-Time Resilience is a skill that uses evidence, optimism, and putting things in perspective to fight counterproductive thoughts in the moment and takes us to a place of self-confidence.

Fight back against counterproductive thoughts by using Sentence Starters!

1. That's not completely true because... (Evidence)
2. A more optimistic way of seeing this is... (Optimism)
3. The most likely implication is... and I can... (Perspective)

By utilizing these Sentence Starters you can shut down those distracting thoughts to enable greater concentration and focus on your important tasks at hand!



RESOURCES & EVENT INFO



Want to learn more about our various resources or upcoming events?

Scan the QR Code for more information!