



# M.O.V.E.

## OKARNG Fitness Newsletter

### In this issue:

- Intro to H2F
- Monthly Challenge
- Trivia

## Intro to H2F

In the Army's new H2F (Holistic Health and Fitness) System, performance readiness experts will assess each Soldier's physical and mental status and design programs to sustain or improve that Soldier's ability to meet the demands of their military occupational specialties (MOSs), duty assignments, and combat-specific tasks. This individualized approach is sustained across the Soldier's Army career. It represents a **cultural shift** from the industrial scale approaches of the past where massed formations received the same training in a one-size-fits-all approach—often with no equipment

### Health & Wellness Initiative via Zoom:

- 9-12am 14 Nov 2020
- Soldiers and Families
- See attached flyer

or expertise required to lead the training. It also represents a shift from expecting individual Soldiers who often train remote from their units to independently develop and implement a performance training program. The H2F System addresses those individual Soldiers' needs, too.

*"A well built physique is more than vanity, it shows discipline, dignity, and dedication. It requires patience, passion, and self-respect. It cannot be bought, stolen, or inherited. It cannot be held onto without constant work."*

*-Arnold Schwarzenegger*

## Monthly Challenge

Physical:

Walk/Run/Ruck an average of 10 miles/week.

Reading:

Preface and Introduction of the H2F FM 7-22 found at the link below.

[https://armypubs.army.mil/epubs/DR\\_pubs/DR\\_a/ARN30714-FM\\_7-22-000-WEB-1.pdf](https://armypubs.army.mil/epubs/DR_pubs/DR_a/ARN30714-FM_7-22-000-WEB-1.pdf)

## Trivia

Where in the new H2F FM 7-22, do you find the below picture?

