



Arizona Coalition for Military Families

Triad of Health

Physical Activity, Nutrition and Sleep

Kristin Musch

Arizona Coalition for Military Families

The Performance Triad is a comprehensive plan to improve readiness and increase resilience through public health initiatives and leadership engagement. The Triad is the foundation for Army Medicine's transformation to a System For Health, a partnership among Soldiers, Families, Leaders, Health Teams and Communities to promote Readiness, Resilience and Responsibility. The System For Health: MAINTAINS health through fitness and illness/injury prevention, RESTORES health through patient-centered care, and IMPROVES health through informed choices in the Lifespace.

The focus of the Performance Triad is on *Sleep, Activity, and Nutrition* - key actions that influence health in the "Lifespace" of time that isn't spent with a healthcare provider. As a result, the biggest impact on Health is made by making better choices in our Lifespace.

Key Messages of the Performance Triad:

- Get Quality Sleep
- Engage in Activity
- Improve Nutrition

Charlie Swanton

Sports Performance Coach and Entrepreneur

Charlie Swanton is a veteran and the owner of Trident Performance Training. He has a Bachelors of Science from the University of Iowa, and was a combat engineer for 6 years in the Army Reserves. He has been training and coaching people in physical fitness and healthy living for over 20 years.

Danielle Corral

Holistic Nutritionist

Danielle Corral was born in Arizona and after graduating from the University of Arizona with a Bachelor of Science in Criminal Justice, she became an Air Force Intelligence officer for four years and lived in England and South Korea. She then obtained a Master's degree in International Diplomacy while living in Queensland, Australia. When she returned to the US, she changed career paths and studied holistic nutrition and sustainable food systems. She now works as a freelance nutrition consultant, and as a program director for a local nonprofit.

Karen Marco

Mind Body Wellness Practitioner

Karen Cronin Marco, MBWP, CHT, has been on a three-decade long journey to discover the sources of well-being and holistic living, seeking out a fundamental understanding for longevity and sustainable health in a world cluttered with conflicting information. Karen obtained a degree in Interior Design/Space Planning from Prairie State College, Illinois, which eventually brought her to Arizona. Once here, she continued her studies in art at Arizona State University but followed an additional passion toward wellness. This lead her to become certified as a Mind-Body Wellness Practitioner by the Southwest Institute of Healing Arts (SWIHA) where she focused on holistic nutritional coaching, life-coaching, and clinical hypnotherapy.

Physical Activity

Physical Fitness and Activity are crucial to ensuring our service members perform as elite athletes. Practicing principles of safe and effective training are vital to maintaining physical readiness, preventing injuries, and improving general health.



Physical Activity

Desk Squats

- Scoot away from your desk a bit, move to the edge of your chair and sit with your knees at a 90° angle.
- Push your heels into the floor to lift your fanny off the chair 3 to 5 inches. You will be leaning forward over your desk with your upper body.
- Now, simply hold the position to reap the benefits. Hold it for as long as you can and repeat throughout the day.

A few things to consider:

- Keep your knees inline with your toes and keep your chest out (don't round the back)
- Once you are up and actively squatting, lift your pelvis up a bit and back a bit to make your glutes work more.
- If you want a little more work, add a few small pulses to the position by slightly straightening and bending your knees.



Nutrition

- What does nutrition mean?
- TRIAD def: eating or fueling for performance enables top level training, **increases energy and endurance**, shortens recovery time between activities, **improves focus and concentration**, and helps Leaders and Soldiers **look and feel better**. For Soldiers it is especially imperative to build an eating strategy that will **complement the requirements of their mission**. The Triad's guidance on nutrition for performance teaches Soldiers about the key nutrients needed to complete mission tasks, describes refueling techniques, and **details strategies for creating a nutrition plan**.

Why Nutrition Matters

Diseases in which nutrition plays some role

Osteoporosis
Osteoarthritis
Some forms of cancer

Diseases with a strong nutritional component

Type 2 diabetes
Heart disease
High blood pressure
Obesity

Diseases caused by nutritional deficiencies or toxicities

Pellagra
Scurvy
Iron-deficiency anemia
Other vitamin and mineral deficiencies
Nutrient toxicities

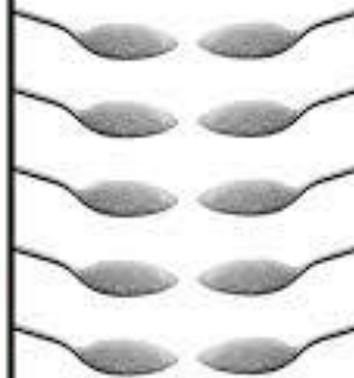
Nutrition

ADDED SUGAR

One can of Coke



= 10 teaspoons of sugar



BUILTLEAN®

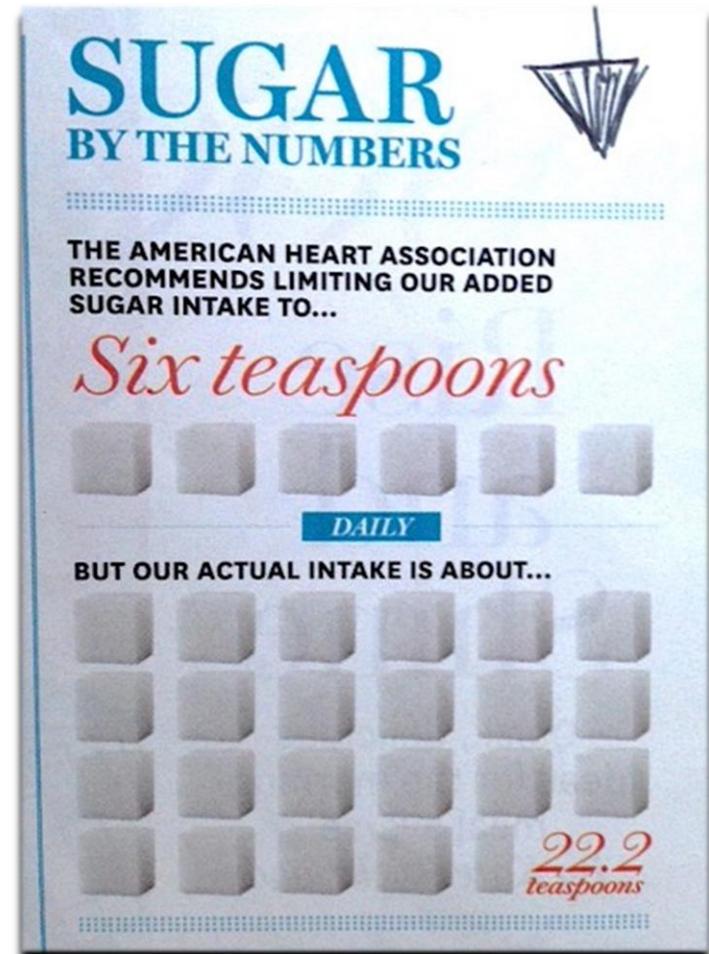
Nutrition

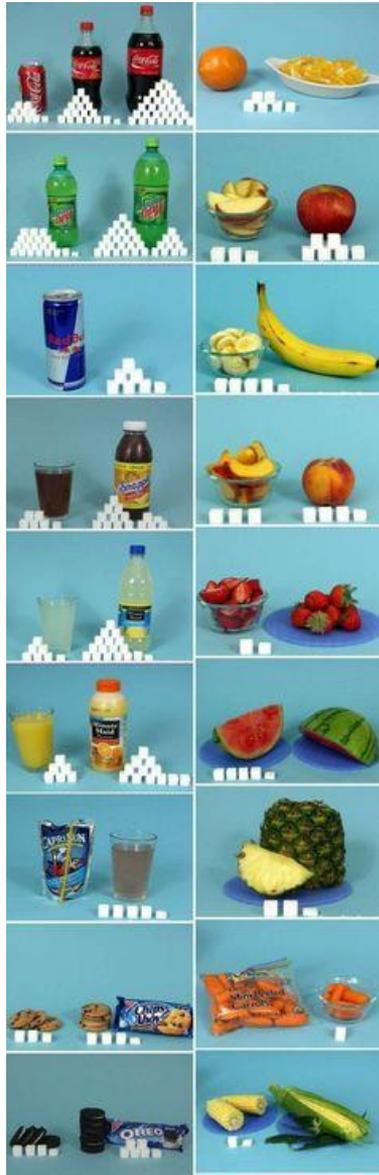
- How much **added sugar** do you think you eat in a day? (teaspoon/sugar cube)
- How much **added sugar** do you think is recommended for a day?



Nutrition

- How much added sugar is recommended for a day:
 - 6 teaspoons/women
 - 9 teaspoons/men
- How much added sugar we actually consume in a day:
 - 22 teaspoons





Nutrition

- How much added sugar is in what you are eating or drinking?
- While fruit has sugar, it also has fiber and a lot less sugar than pre-made food and drinks

**Recommended daily sugar allowance:
6/9 teaspoons (6/9 sugar cubes)**

Nutrition

- **5-7 grams of added sugar (about 2 teaspoons)** is how much your body can handle in ONE sitting without raising insulin levels, which signals to store fat and inflammation (unless you burn it right away- Exercise!)
- **Eat to feed your muscle, not your fat**
 - Foods that feed muscle: grass-fed meats, wild fish, fruit & veggies, nuts, seeds, whole grains, quality FATS
 - Foods that feed fat: soda, cheap meats, hydrogenated oils, refined grains, yogurt, “fruit” snacks, juice

“If man made it, don’t eat it!” Jack LaLanne

Nutrition

- **What do I eat?**

- Eat real food (comes in its own package, from the earth and not a factory)
- Eating whole foods will naturally put fiber back in your diet and fill you up (no need to drink Metamucil!)
- Eat to match your activity level (burn or store it)

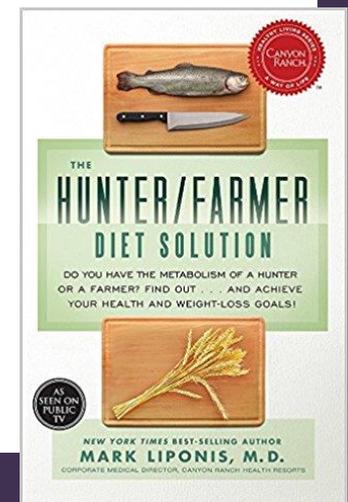
sugar, processed foods, soda,
white flour snacks, fast foods

eating whole foods, cooking at home,
wild fish, grass-fed meats, quality
fats, fruits & veggies



Nutrition

- **Which way of eating is best for me?**
 - Listen to your body (how do I feel after eating?)
 - Signs of digestive problems (allergies): bloating, gas, heartburn, stomach ache, headaches, rashes,
 - Drowsiness, feeling drained instead of recharged
 - Farmer/Hunter approach to nutrition
 - Should your main source of energy be Carbohydrates or Fats?



SIX GROUPS OF ESSENTIAL NUTRIENTS

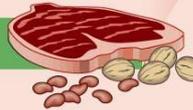
Carbohydrates



Lipids



Proteins



Vitamins



Minerals



Water



Types & Functions of Nutrients

Provides fuel/energy

Builds tissues & cells,
repairs and maintains
body functions

Helps regulate
body functions

“If you can’t say it, don’t eat it.” Michel Pollan

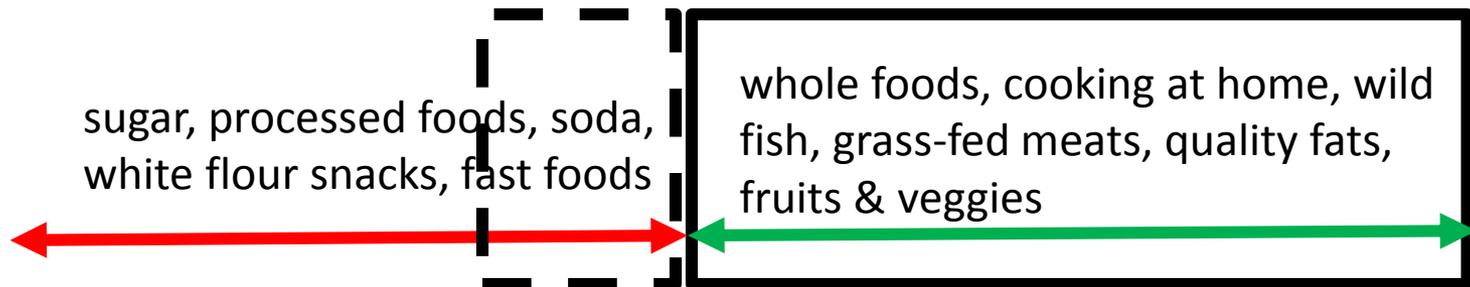
Nutrition

- **How do I apply this every day (a nutrition plan)?**
 - H/W: Count your sugar intake for a day
 - Do what will stick, start from where you are at NOW
 - cut your sugar by 1/3 a day, cook a meal at home 2 days a week, go to a Farmers Market 1x a month, try a new vegetable every week, find a recipe online and make it, reduce portion sizes of what you eat, use fruit for sugar
 - COMMIT (big change starts with small ones)
- **If it comes in a box, bag, bottle--read the ingredients!**
 - Sugar should not be one of the first three ingredients

“Everything in moderation, including moderation.” Oscar Wilde

Nutrition

- **Who really eats healthy all the time?**
 - 80/20 rule:
 - 80% of the time eat well, 20% of the time well...



Enjoy Eating Well...Enjoy Living Well

- Resources:
 - Recipe for Almond Apricot Snack Cake
 - Handout on the best fats to eat/cook with
 - Books (on sugar, real food, Hunter/Farmer diet)

Questions?

Sleep

Sleep is critical in achieving optimal physical, mental, and emotional health, however, the demands of one's job often make it difficult to get sufficient sleep. In training and on the battlefield, inadequate sleep impairs many abilities that are essential to the mission, such as detecting and appropriately determining threat levels and coordinating squad tactics. Getting optimal sleep starts with learning and practicing good sleep habits before, during, and after deployment. There are many ways in which Leaders and Soldiers can eliminate sleep distractors and practice proper sleep hygiene to ensure that optimal, healthy sleep is achieved.

Sleep

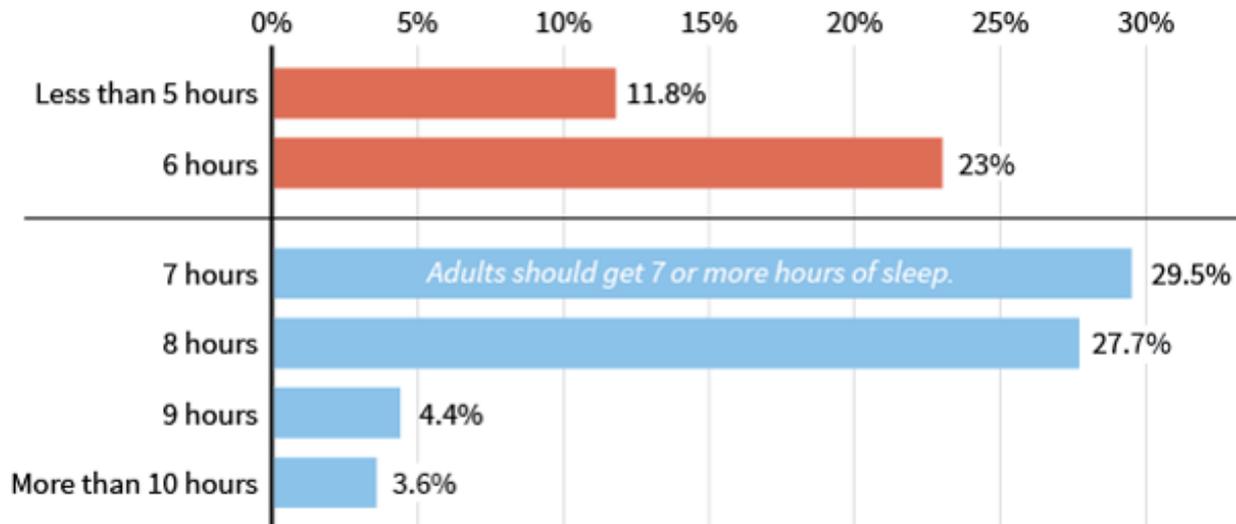
- Sleep is a vital component of your life that is often the first to be compromised.
- No amount of exercise or perfect diet will remove the damage from chronic sleep deprivation.
- Your body repairs itself at the cellular level during sleep. That means you can not heal without proper sleep.

Sleep

How many of you sleep 7 hours a night?

More Than A Third Of U.S. Adults Don't Get Enough Sleep

Percent of adults by self-reported sleep duration



Source: CDC

The Huffington Post

Sleep

- **How much sleep do we need?**
 - 7-9 hours are optimal
 - Research shows we get less than 5-6 hours and that is not enough to repair at cellular level
 - Not enough sleep = not thriving (not repairing on the cellular level...this is a normal process that is not happening with sleep deprivation)

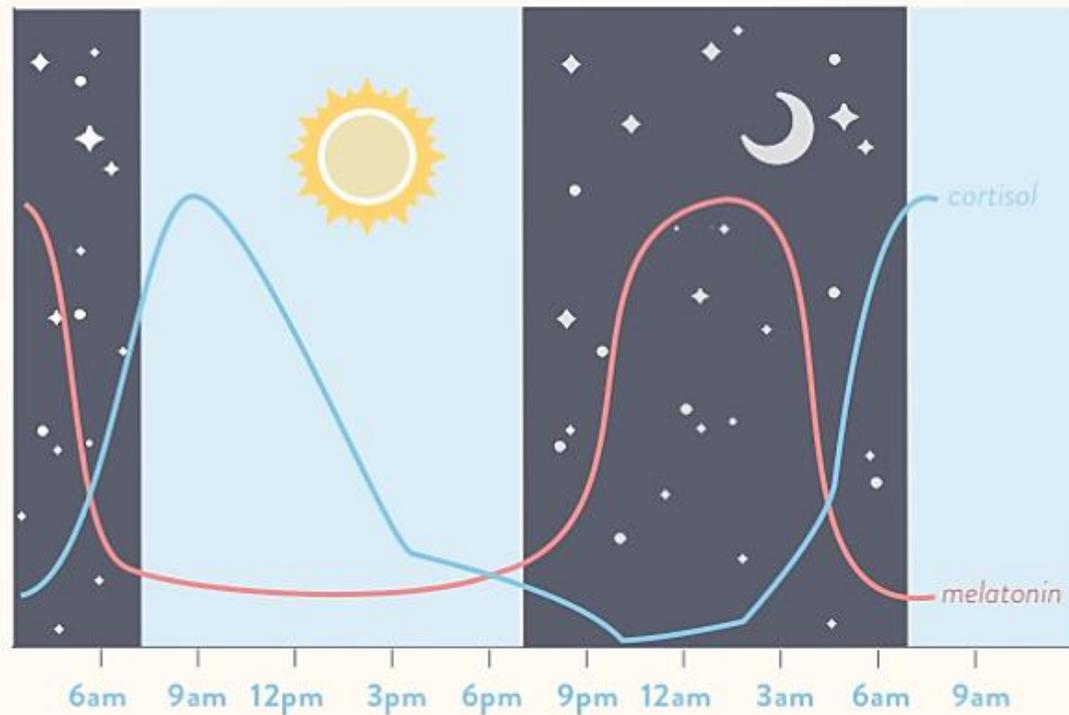
Sleep

- **What can cause disruptions in your sleep?**
 - Hormone imbalances
 - Environment
 - Chronic Stress
 - Blood Sugar imbalances
 - Pain
 - Gut issues

Sleep

CIRCADIAN RHYTHM

Daily Cortisol & Melatonin Cycles



Sleep

- **Consequences of Sleep Deprivation**
 - Irritability and mood swings
 - Depression, violence and substance abuse
 - Cognitive, social and behavioral performance become impaired
 - Poor school work, absenteeism, paying attention
 - Reduce ability to problem solve, memory
 - Greater risk for ADD and sleep drunk

Sleep

- **Consequences continued**
 - Controlling emotions
 - Risk for heart disease, obesity and even cancer
 - Lowers creativity and athletic performance
 - Weight gain
 - Shortens life span
 - Raises blood pressure

Sleep

- **Some solutions for a good night sleep**
 - Create a bedtime ritual-same time 7-9 hrs
 - Environment - bedroom
 - Reduce technology in evening
 - Reduce stress as much as you can
 - Get moving throughout the day
 - Clean up your diet--supplements

NUTRIENTS TO IMPROVE SLEEP

NUTRIENT NAME	CATEGORY OF NUTRIENT	KNOWN EFFECTS ON SLEEP	FOUND IN...
<i>Alpha-Carotene</i> (<i>Vitamin A sub-type</i>)	Vitamin	Improve sleep latency	Yellow, orange, & dark green vegetables (carrots, sweet potatoes, broccoli, spinach)
<i>Butyric Acid</i>	Short Chain Fatty Acid	Improve insomnia/sleep quality	Butter/ghee, fermented foods
<i>Calcium</i>	Mineral	Improve sleep latency, promote restorative sleep	Leafy greens, bone-in canned fish (e.g., sardines)
<i>Lauric Acid</i>	Medium Chain Triglyceride	Improve sleep latency & insomnia	Coconut
<i>Lycopene</i>	Vitamin/Antioxidant	Improve insomnia/sleep quality	Tropical fruits, tomatoes, sweet red peppers, asparagus, carrots
<i>Palmitic Acid</i>	Saturated Fatty Acid	Improve sleep latency	Red meat, butter/ghee, palm oil
<i>Potassium</i>	Mineral	Reduce daytime sleepiness	Winter squash, beets, leafy greens, sweet potato
<i>Selenium</i>	Mineral	Improve sleep latency	Brazil nuts, liver & seafood
<i>Vitamin C</i>	Vitamin	Promote restorative sleep	Dark green vegetables, citrus fruits, berries
<i>Vitamin D</i>	Vitamin	Improve insomnia/sleep quality	Liver, fatty fish, egg yolks

Sleep

❖ BE A GOOD ROLE MODEL

- Your sleep is critical to your health so set guidelines for yourself and for your kids to be in bed early.
- Let your melatonin come naturally, unwind in the evening don't just collapse in bed.
- Make small changes in your day to get better sleep. Every little bit helps.
- Baby steps to change!

Meditation Exercise

<https://www.youtube.com/watch?v=i50ZAs7v9es&sns=em>

Mallory Dinkel

Air Force Wounded Warrior Athlete and Combat Veteran

Mallory Dinkel is a retired Technical Sergeant from the Air Force Security Forces. She joined the AF when she was only 17 years old. In June of 2004 she was involved in a roll over accident near the border of Iraq, her leg was pinned for a prolonged period of time until they could get the jaws of life.

On her first of three deployments to Camp Buca Iraq she was selected to be the first female on convoys in her unit. Two weeks later her friend A1C Elizabeth "Liz" Jacobson joined her, two weeks later Jacobson's vehicle was struck by a roadside bomb killing her and her Truck Commander Sergeant Steve Morin. One of the most difficult days of Malory's life was responding to the attack.

It wasn't until much later that she realized she never had a chance to relax and recharge from being on a constant adrenaline high. In fear of losing her job she never went to mental health or talked much about her issues. She also became very limited with her physical activities because of the injuries sustained in combat. After leaving the Military, she found painting and adaptive sports helped her deal with stress and her depression.



Cleo Deloner

Writer, Artist and Combat Veteran

A proud Veteran of the War in Somalia, a three time suicide survivor, an author, a public speaker, an ardent supporter of our military and first responders and an outspoken champion for Post Traumatic Stress Disorder issues and Suicide Prevention. She experienced incredible trauma while in Somalia where she survived a horrific firefight, struggled to save a severely mutilated child.

After returning home, Cleo served as a police officer, a corrections officer and a counselor at her church. Unfortunately her internal battles only intensified. She found herself combating the pain and the nightmares by taking countless prescription medications, suffering through hundreds of electro-shock sessions and being admitted to mental health facilities well over 30 times.

Cleo is a remarkable story teller, not only a story of immense pain, but a story of remarkable strength and enduring hope.



Jesse Simpson

Fire Fighter, Entrepreneur

Jesse is a Mesa firefighter, Marine Corps combat veteran and the founder of Calm, Fit, Complete, a non-profit organization dedicated to enhancing the lives of both veterans and "at-risk" youth through the use of intensive group exercise, calming meditative practices, community outreach and personal and professional development. He has a Bachelor's degree in Exercise and Wellness from Arizona State University.

He began to understand the impact of a healthy, balanced life early in high school and has worked hard to help others achieve the same goals. In his personal life, he found there to be countless benefits to making healthy choices. These healthy life style choices eased his once difficult transition from infantry machine gunner to civilian, assisted in acquiring his dream job and boosted his mental and physical well being.





**MILITARY/VETERAN
RESOURCE NETWORK**
MILITARY • GOVERNMENT • COMMUNITY

For more information or Additional Training...



Join the Military/Veteran Resource Network:

www.ArizonaCoalition.org/Network



Like us on Facebook:

[Facebook.com/ArizonaCoalition](https://www.facebook.com/ArizonaCoalition)



Sign up for the Coalition e-newsletter:

www.ArizonaCoalition.org/events/acmf-e-newsletter

