

# Integrating Programs for Veterans & Active-Duty Service Members

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February 8, 2024  
MFA Webinar



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# Your Veteran membership

How many of your members are Veterans?  
How many of your staff are Veterans?  
Are you aware of the resources available?



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# Objectives

- Explore the [Total Force Fitness| HPRC \(hprc-online.org\)](https://hprc-online.org) resources
- Identify existing virtual resources developed specifically for active duty servicemembers(ADSM) and Veterans
- Create Veteran centric programming to build and sustain membership

## VHA MISSION

Honor America's Veterans by  
providing exceptional health care  
that improves their **health** and **well-  
being.**

VA can and should lead the transformation of  
healthcare for our Veterans, and the Nation.

Veterans Health  
Administration



*"No one left behind..."*



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**HUMAN PERFORMANCE RESOURCES by CHAMP**

# **TOTAL FORCE FITNESS**

*OPTIMIZE YOUR PERFORMANCE*



**HPRC-ONLINE.ORG**



Human Performance Resources by CHAMP (HPRC) is the human performance optimization (HPO) educational arm of the Consortium for Health and Military Performance (CHAMP), a DoD Center of Excellence located at the Uniformed Services University.

HPRC provides holistic, performance optimization resources that help members of the military community stay physically and mentally fit, fuel and hydrate properly, maintain social ties, and stay resilient—all pieces of the puzzle that make up Total Force Fitness.

[Home](#) > [Resources & Partners](#)

## ADVet HOMME

Active Duty & Veterans' Holistic Musculoskeletal Management and Enhancement (ADVet HOMME) is a virtual platform for total-body and whole-health care of common musculoskeletal conditions.



**What is ADVet HOMME?** The Active Duty and Veterans' Holistic Musculoskeletal Management and Enhancement program is a collaboration between CHAMP and VA Dayton to deliver holistic, musculoskeletal pain-management resources, following the DoD Total Force Fitness and VA Whole Health frameworks.

ADVet HOMME contains links to a home exercise program for common musculoskeletal injuries; frequently used VA programs such as My HealtheVet, Whole Health, and VA Video Connect; HPRC nutrition resources; and alternative pain-management strategies such as tai chi and yoga. Follow the links of the specific resources your medical provider recommended, or explore the content ADVet HOMME and HPRC have available.

If you've been referred by your medical provider, contact us to start the program and be connected with your VA health coach or CHAMP health education specialist. At this time, only active-duty Service Members and Veterans referred to ADVet HOMME by a participating medical provider are eligible for related coaching or education services.



**Start here**  
Contact ADVet HOMME

**Rx3: Rehab, Refit, Return to Duty** is a home exercise program for common musculoskeletal injuries. After your medical provider evaluates your injury and refers you to the ADVet HOMME page, follow the Rx3 link to the program's main page. From there, select your injured body part, and follow the home exercise program, starting with phase one. Or submit an Ask the Expert inquiry, and one of HPRC's subject-matter experts can point you in the right direction.

Other nutrition and VA-specific resources are available through ADVet HOMME too. Follow the Nutrition link to see various HPRC educational resources and VA-specific resources such as Whole Health, My HealtheVet, and VA Video Connect.



**Rx3**  
Rehab, Refit, Return to Duty



**Nutrition Resources**



**VA Resources**



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# HPRC – The military’s source for fitness, wellness, and performance

Human Performance Resources by CHAMP

Operation Supplement Safety



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[Total Force Fitness](#) [Physical Fitness](#) [Mental Fitness](#) [Nutritional Fitness](#) [Social Fitness](#) [Resources & Partners](#)

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## THE DEPARTMENT OF DEFENSE DIETARY SUPPLEMENT RESOURCE OPERATION SUPPLEMENT SAFETY

OPSS's mission is to provide the best evidence-based information about dietary supplements to Military Service Members, their families, healthcare providers, and leaders to achieve human performance optimization. Many Military Service Members use dietary supplements—for promoting health, improving performance, bodybuilding, losing weight, and more. Unfortunately, some supplements have resulted in adverse events that compromise rather than improve performance, and in some cases supplements result in positive drug tests. Our goal is to provide the tools and resources to help users make informed decisions about dietary supplements to reduce the potential risks to their health and careers.

OPSS 

Published on: June 17, 2019



HUMAN PERFORMANCE RESOURCES by CHAMP



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Home > Total Force Fitness

# Pain Management

These resources can help you treat and manage pain and stay up to date with what DoD and the Veterans Health Administration are doing to improve pain treatment and management.

Filter: All



Tai chi for pain management

Article 



Maintain joint health and prevent arthritis during military service

Article 




Understand and manage pain

Article 



Supporting your family through combat injury and getting back on the road...

Article 



Total Force Fitness and holistic health strategies for Military caregivers

Article 



Ways to manage chronic pain for military wellness

Article 



Tips to cope with family challenges and build resilience after



Manage back pain for military wellness



How to prevent and manage knee pain

Home > Total Force Fitness

# Get into Fighting Weight: A Total Force Fitness Guide

## Introduction to HPRC's Get into Fighting Weight: A Total Force Fitness Guide

CHALLENGE 1: Assess your habits to create a holistic weight loss plan

CHALLENGE 2: Meal planning strategies for weight loss

CHALLENGE 3: Focus your military workout to improve your fitness

Check in with your holistic military wellness goals

CHALLENGE 4: Add sleep to your holistic weight management plan

CHALLENGE 5: Stress management strategies for weight loss

Review your SMART goals

## Introduction to HPRC's Get into Fighting Weight: A Total Force Fitness Guide

If you're ever worried you might not make weight or pass your fitness test, this guide's got you.

What makes this weight-loss guide different from other tools? It encourages you to look at how different aspects of your life contribute to your weight and overall health in ways you might not expect.

For example, eating an apple instead of a piece of cake might seem like an obvious choice when you want to lose weight. But consider other factors beyond diet: What kinds of social settings are you in? Are you feeling more stressed or anxious than usual? Are you getting enough sleep?

### How it works

This guide contains 5 challenges. Start with Challenge 1 so you can set up a few things as a baseline. Then feel free to skip around and take on challenges as you like. You might want to improve just one or 2 areas rather than all 5. Or you might prioritize one challenge over another.

There's no specific timeline to complete the challenges, but 3 months is a good place to start. You'll be prompted to set your goals and timelines as you go.

You'll also want to use the "Check-in" section. It's between Challenges 3 and 4 but meant to be used at whatever points you want. That way you can assess how you're feeling and make adjustments as needed.

### Bottom line

Healthy, sustainable weight loss isn't just about diet and exercise or quick fixes. Find out how you can optimize various factors that affect your health, so you can reach peak performance.

Use the links below to visit the Challenges (and the Check-in page) and get on your way to a healthy weight.

CHALLENGE 1: Assess your habits to create a holistic weight loss plan

[Home](#) > [Mental Fitness](#)

# Performance Psychology

Mind and body work together to create optimal performance.  
Learn skills that strengthen the connection between mind and  
body to optimize your overall health and performance.

Filter: [All](#)

The benefits of light exposure  
for performance optimization  
and military...


Article 

## THE POWER OF STORYTELLING


Storytelling: A powerful tool to  
improve military wellness

Article 

Mindset Diet Self-Reflection to  
Optimize Performance and  
Mental Health

Document 

Strategic Habits Workbook: 20  
Habit Hacks to Help You Build  
Good Habits

Document 

5 mental-rehearsal tips to opti-  
mize performance and stress  
management

Article 

WOOP: 4 simple steps to help  
you achieve your goals

Article 

Build strategic habits to opti-  
mize performance, resilience,  
and mental



"Stress mindset" self-check:  
Tips to optimize performance,  
mental health



Everything you need to know  
about progressive muscle re-  
laxation to boost



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Home > Nutritional Fitness

## Performance Nutrition

Learn about how nutrition basics and specialty topics enhance Warfighter performance during workouts, training, missions, and recovery.

Filter: All



Nutritional Fitness: Messages for Leadership

Document



Fuel up to stay everyday strong

Article



Plant-Forward Eating for Health and Performance

Infographic



Plant-forward eating ideas to fuel your day

Document



Use nutrition to reduce your risk of exertion-related events

Document



Disordered eating: A growing problem in the military

Article



Whole grains equal whole fuel



Trying to gain muscle? Use these fueling strategies to bulk



Macronutrients 101




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# Rx3 Exercises




Rx3 is a guide to help Service Members and Veterans rehab and recover from musculoskeletal injuries, ultimately improving their overall health and physical fitness.


 Download the Rx3 app on your phone for program tracking [Learn More](#)

### Musculoskeletal Injuries


Exercises and stretches to increase the strength, endurance, and flexibility of your injured area




Knee




Low Back




Neck + Upper Back



Hip




Ankle




Shoulder

### Additional Programs


Rehabilitation and reconditioning programs to improve functionality and pain




Core Stability




Postpartum



Osteoarthritis




Osteoporosis



Balance

## Low Back

 The Low Back Pain Rehabilitation program is organized in 4 phases

Unless your healthcare provider instructs otherwise, begin with Phase 1


Phase 0

Phase 1

Phase 2

Phase 3

### 1 Phase 1



**How Often?** \_\_\_\_\_

Do all exercises 3-5 times a week

**How Long?** \_\_\_\_\_

Approx 3 weeks

Graduate to phase 2 when you can perform all exercises without difficulty, or when instructed by your medical provider.

**Exercise List** \_\_\_\_\_

Some of the exercises in this phase recommend using this equipment:

- Foam Roller
- Pillow
- Resistance Band
- Small Hand Weights (1-5 lbs)
- Sturdy Chair

START PROGRAM

# Exercise PDF and web based app



## Lower Back Rx3 Program: Phase 1

Phase 1 should be completed for 1-3 weeks. You may graduate to Phase 2 when you are able to perform all exercises without difficulty at the maximum number of repetitions or when instructed by your medical provider.

### EXERCISES

Perform exercises in a circuit in the order listed. Repeat the circuit 3 times with a brief rest between exercises. **Alternate exercise Day A and Day B but, do not complete them on the same day.**

- Complete Day A twice a week
- Complete Day B twice a week
- 10-12 reps (increase number of reps to increase exercise difficulty)
- 3 circuits = 3 sets per exercise
- Minimal rest between exercises

### 1. Seated Diaphragmatic Breathing

**Starting position:** Sit on a chair with your hips and knees bent 90 degrees. Sit up tall and maintain good posture.  
Place one hand on your chest and the other on your stomach.



**How to perform:** Breathe in slowly and deeply through your nose, letting the air into your lower belly. The hand on your chest should remain still, while the one on your belly should move with your stomach as your lungs fill with air. Then, slowly tighten your stomach muscles by pulling your belly button up towards your rib cage as you exhale through your mouth. This should not be a forced breath or cause a "crunch" motion in your stomach.  
Repeat for the number of reps listed in the instructions above.




### 2. Adduction Glute Bridge



**Starting position:** Lie on the floor on your back with your knees bent, your feet shoulder width-apart and flat on the floor.  
Place a small couch pillow or soccer sized ball between your knees and hold it with enough pressure to keep it from falling (you'll maintain this constant pressure throughout the movement).  
Allow your lower back to maintain its natural curve. You should be able to slide your hand between the floor and your lower back.





### Knee Phase 1

Exercise	Set 1	Set 2	Set 3
<b>Nov 15, 2022</b>			
<b>7 Severe Pain</b>			
Focus of attention, prevents doing daily activities			
Resisted Standing 3-way hip	8	0	0
Kickstand RDL	8	0	0
<b>Nov 15, 2022</b>			
Resisted Standing 3-way hip	8	0	0
Kickstand RDL	10	0	0
<b>Nov 21, 2022</b>			
Resisted Standing 3-way hip	8	10	0
Kickstand RDL	8	10	0
Mini Squats	10	0	0
<b>Dec 05, 2022</b>			
<b>1 Mild Pain</b> Hardly notice pain			
Resisted Standing 3-way hip	8	10	0
Kickstand RDL	10	0	0
Mini Squats	10	0	0
<b>Notes:</b> Used extra heavy band			



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# Collaboration with Medical Fitness facility staff



## Benefit to Veteran

- Empowers Veteran with self-care option
- Focus on health & well-being
- Build goal setting skills
- Activity on their terms (setting & time)



## Benefit to MFA team

- Veteran centric resources
- Encourages lifelong exercise habits
- Veteran engagement in self-care
- Advocates for complementary programs



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<b>Program Focus</b>	Virtually coached home exercise program with specific musculoskeletal focus	Weight management education nutrition, activity, health behavior, medical	Group exercise for Veterans over 65 yo to promote physical fitness	An approach to healthcare that empowers & equips people to take charge of their health & well-being and to live their life to the fullest
<b>Group or individual?</b>	Individual	Group or Individual	Group	Group education and Indiv Health coaching
<b>Consult Requirement</b>	Consult placed by provider; under REHAB	Self Refer for MOVE! Provider Consult for TeleMOVE!	Consult placed by provider; under PM&R Outpatient Consults	Consult for Intro to WH, Health Coaching and TCMLH Under Primary Care "Introduction to Whole Health"
<b>Eligibility Criteria</b>	Provider MSK eval w/in 60 days	None	>65 yo PCP annual eval	Veteran desire and motivation to participate
<b>Class Offering</b>	Virtual	Both virtual or in-person	Both virtual or in-person	Varies, see Calendar on SharePoint
<b>Location</b>	Virtual	Dayton Main Campus, Bldg or Virtual	Dayton Main Campus Bldg 305 - Fitness Center or Virtual	Dayton Main Campus CBOC Mon or Fri check schedule
<b>Session Time</b>	Initial: 45-60 min Follow-up: 20-30min	Group: 1 hour Individual: 30-60min	1 hour	Varies 45 min - 1 hour, see Calendar
<b>How often</b>	Weekly	Weekly	Up to 3 times per week	Weekly
<b>Program Duration</b>	Variable, typically 9-12 weeks	16 weeks TeleMOVE is 90 days MOVE! Coach app is 19 week Individual vary with Veteran preference	No limit: Lifetime membership	Skill building Variable TCMLH 8 weeks Health Coaching 4 weeks minimum
<b>National website (link)</b>	<a href="https://hprc-online.org">ADVet HOMME   HPRC(hprc-online.org)</a>	<a href="https://www.move.va.gov/">https://www.move.va.gov/</a>	<a href="#">Gerofit - A Program Promoting Exercise and Health for Older Veterans - Geriatrics and Extended Care (va.gov)</a>	<a href="https://news.va.gov/category/health/livewholehealth/">Whole Health Home (va.gov) https://news.va.gov/category/health/livewholehealth/</a>
<b>Is there an App? (link)</b>	<a href="https://rx3.usuhs.edu">https://rx3.usuhs.edu</a>	<a href="#">MOVE! Coach - MOVE! Weight Management Program (va.gov)</a>		<a href="#">Mobile Apps and Online Tools - Whole Health (va.gov)</a> <a href="#">Whole Health Home (va.gov)</a> <a href="#">#LiveWholeHealth</a>

Create a warm handoff with shared language

MAP – Mission, Aspiration and Purpose

MAPS – Meaning, Awareness, Permission and Strategy



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Veterans Health Administration  
*Dayton VA Medical Center*

# Areas to develop and expand services

- Acupuncture/Acupressure
- Healing touch/Reiki
- Mindfulness (MBSR)
- Food and beverage
  - Healthy Teaching Kitchen
- Massage Therapy
- Tai chi, Qi Gong (adaptive)
- Yoga ( iRest, Iyengar, chair....)
- Social engagement
- Environment /surroundings
- Sleep hygiene practices
- Communication and language
- Cognitive Behavioral Therapy
- Fitness & movement: HIIT...
- Well being: mindfulness, MAP...

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## Functional Medicine-based Integrat for War-related Chronic M (FELLOW-CMI)



Omowunmi Osinubi, M  
Carrie Carlson, DO,  
Selene Mak, PhD  
Pauline McM  
Elijah Sacra,  
Clarissa Kussin

# Research projects

Reach out to your local VA facilities and  
Veteran Service organizations.

[Veteran Service Organizations \( VSO \)  
\(vetinfo.org\)](http://vetinfo.org)

DAV,VFW, Vet Centers

[Veterans Service Organizations - SEP  
\(va.gov\)](http://va.gov)

Functional medicine and integrative  
medicine are available at most VA  
Medical Centers

# ADVet HoMME

Active Duty and Veteran's Holistic Musculoskeletal  
Management and Enhancement

## THANK YOU

**Contact:**

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CHAMP



Uniformed  
Services  
University



SCAN ME

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