

## January Speech Talking Points

*Editor's Note: The following talking points were created to provide MTF leaders with consistent talking points regarding the MHS Strategic Communication Plan during the month of January. They are intended to be incorporated into spoken remarks by MTF leaders to MTF staff and personnel participating in external speaking engagements, internal communications and commander calls and huddles.*

- As we welcome a new year, the MHS welcomes a new monthly theme - *To Your Health - Build Your Fitness in 2021*. 2021 is a new year, with exciting opportunities for your health; January is the perfect time to reintroduce ourselves to Total Force Fitness. Our hope is to provide information and encouragement for you to build a better 2021 for yourself, your family and your community.
- Building fitness in 2021 starts with on-going vigilance against COVID-19. We must continue to follow practices to slow the spread – even with a vaccine becoming available. Vaccinations have always been part of maintaining your overall health and fitness, and the COVID-19 vaccine is no different. While the DoD has begun administering a COVID-19 vaccine, we still need to exercise public health precautions and behaviors that minimize risk of catching the disease and unknowingly spreading it to others.
- Even though 2021 will continue many of the challenges of 2020, we can salute our health and envision ways to overcome those challenges by taking care of our entire being – body, mind, and spirit in 2021. Stress is a good teacher and the New Year is an opportunity to build on lessons learned from 2020 to ensure we are more resilient as individuals, as communities, as a military, and as a nation.
- Total Force Fitness is a program that focuses on your entire health throughout your career. Readiness is measured in more than just physical fitness and medical status. Through Total Force Fitness, we'll be talking about all areas of your life – like social, spiritual, environmental, and financial – to make sure you and your community are ready for you to do your job. Total Force Fitness is the MHS entryway into the first line of effort in National Defense Strategy- Build a More Lethal Force.
- As I mentioned before, there are eight domains of Total Force Fitness- Physical, Environmental, Medical and Dental Preventive Care, Nutritional, and Ideological and Spiritual, Psychological, Social, and Financial fitness. This concept focuses on your entire health throughout your entire career to optimize health, performance, and readiness holistically.



- **Physical Fitness:** The ability to physically accomplish all aspects of your task while avoiding injury.
  - **Environmental Fitness:** The ability to perform your tasks in any operational environment.
  - **Medical and Dental Preventive Care Fitness:** The ability to sustain your health and wellness and facilitate restoration to meet medical and dental standards for fitness for duty, return to duty and medical readiness.
  - **Nutritional Fitness:** The ability to sustain your performance through healthy foods and beverages in adequate quantities, quality and proportions.
  - **Ideological and Spiritual Fitness:** The beliefs and practices that strengthen your connectedness with sources of hope, meaning and purpose.
  - **Psychological Fitness:** The ability to integrate and improve cognition, emotional and behavioral practices.
  - **Social Fitness:** The ability to engage in productive personal and professional relationships.
- Each of these elements have great benefits on their own, but collectively build your total fitness. Weakness in one area can greatly affect another. I encourage you to aim for a goal of holistic health for you and your family.
  - The value of the Total Fitness Force is essential during the COVID-19 pandemic. As stressors multiply, many of our traditional stress management and outlet options aren't available- that's why balanced wellness is critical to maintaining resilience.
  - Throughout the month, you'll be able to utilize information on the DHA social media pages and Health.mil that highlight each Total Force Fitness domain. This information is specifically designed for our current environment in the pandemic. Stay up to date for helpful tips and activities as the month progresses.
  - January is also National Mentoring Month. Mentoring plays a vital role at the MHS, providing nurturing to both the mentor and mentee. This is a great opportunity to find a partner to embark on the different aspects of Total Force Fitness. The MHS Communications Division will also be featuring mentors and mentees- be on the lookout for their stories and testimonials of how these relationships can enhance wellness.
  - There are a few important holidays and national observances this month like New Year's Day, MLK Day, and Blood Donor Month. Look for creative new ways to celebrate these holidays and participate within your community.

- Winter sports and activities can be an exhilarating way to enhance your fitness- but be cautious. Don't let seasonal injuries affect your fitness and readiness to complete your mission. Make good choices with your exercise and recreation this winter- always supervise children and take extra care with regular tasks that could be made more dangerous by ice and snow.
- If you do plan on participating in winter sports, please wear proper protective gear for both you and your family. Some cold weather activities like skiing, snowboarding, sledding and skating come with significant risk of traumatic brain injury. Proper equipment and use of safety precautions can mitigate this risk substantially.
- As we kick off this new year, don't be afraid to dive into your holistic fitness full force. Recruit your family, grab a friend, find an accountability partner. Dedicate 2021 to building a better you!