



DEPARTMENT OF THE ARMY
UNITED STATES ARMY GARRISON BAVARIA
UNIT 28130
APO AE 09114-8130

IMBA-MWR

21 February 2018

MEMORANDUM OF INSTRUCTION (MOI)

SUBJECT: USAG Bavaria Health Initiative (BHI) **BeFit for Life**

1. **REFERENCES:**

- a. AER 10-3, Taskings, dated 12 OCT 2016.
 - b. AR 350-53, Comprehensive Soldier and Family Fitness, 19 JUN 2014.
 - c. AR 600-20, Command Policy, 06 NOV 2014.
 - d. AR 600-85, Army Substance Abuse Program (ASAP), 28 NOV 2016.
 - e. AR 600-63, Army Health Promotion, 14 APR 2015.
 - f. DA PAM 600-24, Health Promotion, Risk Reduction, and Suicide Prevention (HPRRSP), 14 APR 2015.
 - g. EXORD 221-12 2012, Sexual Harassment/Assault Response and Prevention (SHARP), 23 JUN 2012.
 - h. Senior Responsible Officer (SRO) East Community Health Promotion Council (CHPC) Charter, 22 DEC 2017
 - i. AR 215-1, Non-appropriated Fund Instrumentalities and, Morale, Welfare and Recreation Activities, 24 SEP 10.
 - j. AR 350-53, Comprehensive Soldier and Family Fitness, 19 JUN 2014
 - k. AR 600-63 Army Health Promotion, 14 Apr 2015
 - l. DA PAM 385-5 Fundamentals of Safety in Army Sports & Recreation
2. **PURPOSE:** This memorandum provides procedures for implementing the Bavaria Health Initiative (BHI), and information to program participants of the USAG Bavaria.
3. **OBJECTIVE:** Promote the USAG Bavaria Commander's Bavaria Health Initiative (BHI) program by leveraging community and unit resources in a coordinated and deliberate effort to improve the health, wellness and overall readiness of community members, by aligning existing best practices and deploying new strategies intended to promote a healthy lifestyle culture.
4. **CONCEPT:** The BeFit for Life sustain program is committed to creating an active lifestyle campaign that encourages participants to take the extra steps necessary to sustain healthy habits by building upon successes of the *BHI Owning My Own Readiness* phase. The sustain program will provide soldiers, civilian employees and family members opportunities to build sustaining readiness throughout their tour of duty.

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5. ADMINISTRATION:

- a. The BHI begins with all participants onsite and registered for the BHI Kick-off 5K event, 23 March 2018 and continues through the 6-week *Owning My Own Readiness* campaign that promotes active involvement in regular physical activity; healthier eating patterns and good nutrition; improved sleep patterns; and, positive mental well-being. This phase ends 4 May 2018 with certificates of achievement being awarded to all participants successfully completing the 6-week campaign. After the 4th of May the 6-week *Owning My Own Readiness* campaign is available for participants to begin at any time.
- b. Upon completion of the initial phase and no later than 4 May 2018 the next phase will begin and continues through a sustain BeFit for Life program, committed to an active lifestyle campaign that encourages participants to take the extra steps necessary to sustain healthy habits by building upon successes of the *Owning My Own Readiness* phase. In this phase participants are rewarded for achieving wellness milestones (i.e. 500, 750, 1000, 1500, 2000, 2500, 3000, 3500, 4000, 4500 and 5000 points) with a certificate, patch and public recognition. Units and community agencies are encouraged to host events that meet the criteria for awarding milestone points. This will be a sustained operation that can be joined at any time after initial introduction.

6. DATES: (*Owning My Own Readiness*) - 23 March – 4 May 2018
Sustain after 4 May 2018

(BeFit For Life) - Starts on 4 May 2018 – sustain

7. REGISTRATION: (*Owning my Own Readiness*) - 23 March 2018, 14:30 hour or after
- Tower Barracks Physical Fitness Center, B170

(BeFit For Life) - 4 May 2018 or after - Tower Barracks Physical
Fitness Center, B170

8. CATEGORY:

- a. Individual

9. RESPONSIBILITIES:

- a. Family and MWR Tower Barracks Sports & Fitness will;
 1. Provide and maintain participant's registration form and log sheet.
(appendix A)
 2. Verify completion points of individuals and submission of awards.

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- b. Participants will;
 - 1. Complete and turn in their registration form to the Tower Barracks Sports & Fitness staff on 4 May 2018 or after.
 - 2. Keep track and record their information on the Befit for Life log sheet. (appendix A)
 - 3. Turn in completed log sheet (appendix A) to Family and MWR Tower Barracks Sports & Fitness for Certificate of Achievement.
 - 4. Submit appointment slips for Bonus Point credit.

10. **POINT SYSTEM:**

A. Physical Activity

- 1. Steps
 - a. 10000 = 1 Point
 - b. 15000 = 2 points
 - c. 20000+ = 4 pointsMax 15 points per week
- 2. Aerobic Exercise
 - a. 30 Minutes = 1 Point
 - b. 60+ Minutes = 3 PointsMax 15 Points per week
- 3. Strength Training
 - a. 30 Minutes = 1 Point
 - b. 60+ Minutes = 3 PointsMax 15 Points per week
- 4. MEDDAC- B BHI Activity bonus points (appendix B)
 - a. Exercise testing and prescription
 - b. Metabolic Testing and Weight Management
 - c. Body composition assessment
 - d. Health/Wellness Coaching1 Point for each Appointment attended

B. **Nutrition** - Daily Nutrition Goals = 4 points per day if all four goals are met. 2 Points per day if you challenge yourself to meet goals but don't not reach them fully.

- 1. Goals
 - 4 Servings per day of Fruits & Vegetables
 - 2 servings of lean protein per day, such as beans, nonfat dairy, chicken breast or tuna
 - 5-6 servings unprocessed carbohydrates (fruit, vegetables and whole grains)
 - Minimum 64 oz. of Water

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2. Negative Points

Saturated Fats & Added Sugars = -1 Point per item
Excess Alcohol = -1 Point

3. MEDDAC- B BHI Activity bonus points (appendix B)

- a. Fit for Performance = 1 point per session
- b. Bariatric Prep = 1 point per session
- c. Heart Healthy Nutrition = 1 point per class
- d. Diabetes Management = 1 point per appointment
- e. Individual Nutrition Counseling = 1 point per appointment.

C. Sleep

1. 2 Point if you receive 7-9 hours per night
2. 1 Point if you receive under 7 hours asleep per night.
3. MEDDAC- B BHI Activity bonus points (appendix B)
 - a. Sleep Education Class = 1 point per class

D. Mindfulness Fitness

1. 1 Point for each mood logged
 - a. Max 7 points per week
2. MEDDAC- B BHI Activity bonus points (appendix B)
 - a. Tobacco Cessation = 1 point per session, Max 4 points.
 - b. Stress Management/biofeedback = 1 point for the assessment
 - c. General BH Services = 1 point per appointment, Max 8 points

11. **Awards**

a: Certificate of Achievement and Patches

12. Point of contact for this program is Mr. Charles M. Bradfish, Tower Barracks Sports & Fitness Manager, DSN: 475-9024, COM: 09641-83-9024, or email: Charles.m.bradfish.naf@mail.mil.

SERGE KEARSE
Chief, Sports & Fitness Operation Branch
Family and MWR, USAG Bavaria

Name: _____ Rank: _____ Date: _____

Email: _____ Garrison: _____

BHI BeFit For Life Program

Appendix A

Physical Activity						
<p>Steps per day: 10000 = 1 point, 15000= 2 points, 20000+ = 4 points</p> <p>Aerobic Exercise per day: 30 mins = 1 point, 60+ min = 3 points</p> <p>Strength Training per day: 30 mins = 1 point, 60+ min = 3 points</p> <p>Max points per category = 15 points per week</p> <p>MEDDAC - B BONUS POINTS – Exercise Testing and Prescription, Metabolic Testing and Weight Management, Body Composition Assessment and Health/Wellness Coaching = 1 point each (appointment slip needed for credit)</p>						
ACTIVITY	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
STEPS						
AEROBIC EXERCISE						
STRENGTH TRAINING						
MEDDAC - B BONUS POINTS						
Total Weekly Activity Points MAX 15 pts + BONUS						

Nutrition						
<p><u>Daily Nutrition Goals = 4 points per day if all four goals are met. 2 Points per day if you challenge yourself to meet goals but don't not reach them fully</u></p> <p>4 Servings per day of Fruits & Vegetables</p> <p>2 servings of lean protein per day</p> <p>5-6 servings unprocessed carbohydrates</p> <p>Minimum 64 oz. of Water</p> <p>Max points per category = 15 points per week</p> <p>MEDDAC - B BONUS POINTS – Fit for Performance, Bariatric Prep, Heart Healthy Nutrition, Diabetes Management, Individual Nutrition Counseling = 1 point per class or session (appointment slip needed for credit)</p>						
FOOD	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Fruits & Vegetables						
Proteins						
Carbs						
Fats & Sugars						
Alcohol Consumption - Negative Point						
MEDDAC - B BONUS POINTS						
Total Weekly Nutrition Points MAX 15 pts + BONUS						

Name: _____ Rank: _____ Date: _____

Email: _____ Garrison: _____

BHI BeFit For Life Program

Appendix A

Sleep						
7-9 hours per night = 2 points under 7 hours per night = 1 points MEDDAC - B BONUS POINTS – Sleep Education Class = 1 point per class (appointment slip needed for credit)						
SLEEP	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
MEDDAC - B BONUS POINTS						
Total Sleep Points MAX 14 pts						

Mindfulness Fitness						
1 Point for each mood logged MEDDAC - B BONUS POINTS – Tobacco Cessation, Stress management/biofeedback, General BH Services = 1 point per session (appointment slip needed for credit)						
MOOD	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
MEDDAC - B BONUS POINTS						
Total Mood Points MAX 7 pts						

Totals Points (all 4 categories)	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Points						

Appendix B

MEDDAC-B Classes for BHI Bonus Points FOR TRICARE BENEFICIARIES ONLY

ACTIVITY (please call the Wellness Center to make an appointment for the following sessions)

1. Exercise testing and prescription

The wellness center will assess biometrics (height, weight, body mass index, blood pressure, heartrate), and the 4 components of health related physical fitness: aerobic fitness (VO2 submax, muscular fitness, flexibility, and body fat %). Once your baseline fitness is recorded you will receive recommendations on how to improve. The total assessment takes about 90 minutes. *1 point*

2. Metabolic Testing and Weight Management

The wellness center will assess the rate at which your body burns calories. The testing of your metabolic rate will provide the exact number of calories required for weight loss, gain, or maintenance. The *Upping your Metabolism* class will teach participants how to use their metabolic test results to reach their goals. *1 point*

3. Body composition assessment

The wellness center will measure your body fat % using the BOD POD ® *1 point*

4. Health/wellness coaching

The wellness center can provide general health and wellness coaching. Call and make an appointment. *1 point per appointment.*

NUTRITION (Please call Graf or Vilseck Health Clinic to make appointments)

1. Fit for Performance

A comprehensive approach to Active Duty and civilian weight management. Participants will attend 6 group counseling sessions designed to help lose weight, meet body fat standard per AR 600-9, improve military/family readiness, improve job performance, and lower risk of weight-related diseases. *1 point per session. (6 max possible)*

2. Bariatric Prep

A 3 session series developed to equip participants with the tools needed to achieve a healthy weight before and after bariatric surgery. Sessions focus on strategies to improve diet, increase physical activity, lose weight, and prevent complications following surgery. *1 point per session. (3 max possible)*

3. Heart Healthy Nutrition

A class targeted for those who have current diagnoses of high cholesterol, hypertension, and/or cardiovascular disease. Participants will learn how to change their dietary and behavioral patterns to improve their heart's health. *1 point per session.*

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4. Diabetes Management

Participants obtain skills to manage diabetes through a multi-disciplinary discussion of treatment, potential complications, exercise, and self-care. Participants will learn how to follow a well-managed, healthy diet and make lifestyle changes to improve diabetes management. *1 point per session.*

5. Individual Nutrition Counseling

Call your health clinic to schedule an appointment to speak with a dietitian to address your nutritional needs including pediatric nutrition, food allergies, renal disease, weight loss, diabetes, and more. *1 point per appointment attended.*

SLEEP

1. Sleep Education Class (please call the wellness center to make an appointment)

The wellness center provides general information about healthy sleep habits, sleep's impact on health, and how to improve your sleep. Participants will increase awareness of their sleep habits, create sleep goals, and a plan to improve quantity and quality of sleep. The class is approximately 60 minutes long. Call the Wellness Center to make an appointment. *1 point.*

MENTAL WELLNESS

1. Tobacco Cessation (Please call the Graf or Vilseck Health Clinic to make an appointment)

Each clinic BMEDDAC clinic offers a 4-session tobacco cessation course. Participants will be guided by a community health nurse, IBHC, and/or clinical pharmacist to break the habit and addiction of tobacco use. Sessions are tailored to each participant's individual needs. Contact your health clinic to schedule an appointment. *1 point per session (4 max possible)*

2. Stress management/biofeedback (please contact the Wellness Center to make an appointment).

This assessment at the Wellness Center will identify your body's physical response to life stressors. Once identified, you will learn how to control your response to help you maintain focus and optimum performance. *1 point*

3. General BH Services (Call your clinic to make an appointment)

- Counseling and Testing Services
- Prescribing and Medication Management
- Child and Adolescent Behavioral Health
- Marriage and Family Therapy
- Family Advocacy
- Substance Use Disorder Clinical Care
- Mild Traumatic Brain Injury Treatment
- Various Groups, to include: PTSD, Yoga, Transition Strategies, depending on the clinic

1 point per appointment attended.

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WELLNESS CENTER CONTACT INFO:	Vilseck Health Clinic:	Graf Health Clinic
DSN 476-4795	DSN 590-2300	DSN 590-3000
CIV 09662-83-4795	CIV 09662832882	CIV 0637194643000