

**ARMY RESERVE - HOLISTIC HEALTH AND FITNESS (H2F)**

**APRIL 2023**

# Month of the Military Child



# Month of the Military Child

## PHYSICAL DOMAIN



Physical activity and exercise have been long shown to increase the overall health for the human body. Beyond physical readiness in uniform, exercise can improve our brain health, help manage weight, reduce risk of injury and disease, strengthen bones and muscles, improving our everyday activities. Everyone can experience the health benefits and discipline of physical activity regardless of age, abilities, ethnicity, shape or size. This is why it's important for me to teach and condition my 3-year-old daughter to integrate exercise as her daily routine. As a child is prone to do, always expanding their mind with questions of 'why', I've heard my daughter ask, "For what are we doing this dad"? Are we getting stronger, do we have superstrength now?"

### An interview with Ramon Rodriguez, SGT

These questions enable my child to critically think of what she's doing and the purpose of the action she accomplished. From there I can satiate her curiosity with the knowledge and benefits of movement, through intentional play. This also helps me to be on my toes finding new, fun and creative ways to implement different routines that she finds enjoyable; maximizing her effort and experience. Some activities can be going to the park, negotiating monkey bars, climbing a tree (safely), running from imaginary zombies or capturing a ghost; constant activity is key for my child to grow, improve motor skills, and sharpen her social skills. It's also important to *reward the process*, to keep her motivated and constantly engaged, so that she automatically looks forwards to that time of the day., everyday.





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## NUTRITION DOMAIN

After providing my daughter healthy habits with regards to physical activity, the subsequent challenge is addressing Nutrition! I have come to help my child understand that there is no such thing as a bad or good food. All food carries some sort of nutrients, and it all comes down to the way we intake the volume of nutrients which affect our health and performance. Teaching my child to appreciate her food and not undervalue it, regardless of whether or not it's her favorite, is yet another key lesson for her to appreciate what she has. In addition, I try to assist her understanding of the properties that each sort of food has, so she can relate to her "superpower". For example, Carrots are a vegetable fuel in terms of carbohydrates, that helps both your body and your super vision! I also try to incorporate her in the cooking process, which instills her with a sense of pride in what she was able to cook and seems to increase her satisfaction with each of her creations.



Key things I try to educate my daughter on are:

### **Protein** (Key for her "superstrength")

- Comes from milk, meats, fish and others sources
- Help with the repair of tissue and building of muscle
- Created new cells in the body to aid on recovery

### **Carbohydrates** (Key for her endurance & stamina)

- Primary source of energy
- Easy for the body to process to be able to keep moving aka playing

### **Healthy Fats** (Key for her beauty)

- Rich on micronutrients
- Produces grow hormones
- Lower's risk of heart disease
- help with blood sugar control

# MENTAL DOMAIN

Cognitive  
Emotional  
Interpersonal

## Month of the Military Child

APRIL EDITION



SSG LUIS CARTAGENA

### An interview with Luis Cartagena, SSG

Since I met my fiancée, everything has improved in my life. In the blink of an eye I knew that she was the love of my life. It was an incredible connection which gave me complete security. I don't know how to explain it but I understand it perfectly. Best of all, I didn't have to change anything about myself, she accepts me as I am. During our relationship something wonderful happened and that is that God and life gave us the opportunity to create a life.

This year is one of blessings. I am going to marry the love of my life and my baby is going to be born! They are two very special events that I will never forget. These milestones have helped me find accurate purpose; a purpose that will guide me for the rest of my life. With these upcoming significant life events, it vitally important, perhaps more than ever, that I strive to understand how I can facilitate a home environment that incorporates: effective communication; resilience through sleepless nights; and cognitive strength through a better understanding interpersonal practices.

The communication between my partner and I is excellent. We are preparing for one of the most important things in life, which is family. Forming a family is not easy because that involves many things that go beyond the ordinary. What makes things easier for us is that our baby is on the way. The planning and preparation involved in forming a family, of having a home, and spending a lifetime together, are fundamental practices that carry over to every aspect of life.



"Thank God we are preparing to welcome of our baby. We are working hard on our relationship and our home to have the best conditions for the baby."

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# People First



The most important thing for us are values. We want to set the example for our little girl. Love, respect, communication, and trust that we give each other will help us raise our baby perfectly. The important thing about us is that we help each other for everything. When our daughter is born, we already have planned what we are going to do. We will be understanding when it comes to serving her during the night. We will take turns taking care of her while the other rests. Although at first we're both going to be so excited that we're going to want to do everything together like we always do. The most ideal thing will be that we adjust to our agenda, adjust to our lifestyle, each other's work and schedules. Family help is ideal, which we also have in our plans. Thank God that our family wants to help us raise our daughter since adult life is very difficult. It will be a challenge for us but it will not be impossible.

Here are Goal setting tips that you can use with your partner that may be useful for you military child:

- Encourage them to pursue their interests.
- Make clear that your love is unconditional.
- Make sure your child's goals are within reach, at a level appropriate for their ability.
- Offer appropriate praise, and *reward the process*
- Help your children discover their own unique talents and qualities, and to value their own strengths. But also teach them that feeling special doesn't mean feeling better than others.



APRIL 2023

## Sleep Domain

### An interview with Alex Cotto, SGT

Creating a sleeping schedule for our children is very important. Planning naps will not only help them recover and grow, but will help balance their energy throughout the day. At first, my baby boy had unhealthy sleeping habits that prevented him from a full night's rest, and caused him to get tired easily. With what I've learned through H2F, I created a sleep schedule for him, based on when he is going to eat, so he has fuel for playtime.



Sleep is crucial for tissue repair and hormone synthesis, which enable the maintenance of peak cognition and physical performance.

Sleep sustains brain and physical health, cognition, the immune system, and recovery after physical activity.

This is why sleep is important for the child to recover from stress of the body and enhance stimulating growth.

Stress + Rest = Growth

### Sleep Schedule:

- 7:00am wake up
- 7:30am Breakfast
- 8:00am playtime
- 9:30am nap
- 11:30am lunch
- 12:00pm playtime
- 2:30pm nap
- 5:00pm dinner
- 5:30pm playtime
- 7:30pm preparing for sleep





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# Spiritual DOMAIN

### An interview with Nahony, Hiraldo SSG

Spirituality involves the recognition of a feeling, sense, or belief that there is something greater than ourselves, something more to being human than sensory experience. Research suggests that spirituality may empower strong connections/relationships between children and their environment. Through these relationships, children develop and strengthen their identity; helping them make sense of their cultural values, beliefs, and norms.



You can ask your kids to think of their favorite color and picture a giant balloon of that color in their mind. Then have them take a slow, deep inhale through the nose, filling up their tummies with air as if trying to make the balloon as big as possible.

- **Purpose directs our Path**
- **It is on our Path where we refine our Practice**
- **Practice fulfills our Purpose**
- **People keep us on our Path**

Start with just simple breathing exercises. Then focus on the senses. Try listening mindfully, eating a treat mindfully or taking a walk mindfully using all of your senses. Introduce exercises when things are calm and your child is in a good space.

Giving kids the tools to help them fend off negative thoughts and behaviors, to build self-confidence, focus, and treat others, as well as themselves, with respect and appreciation, is a gift they will have for the rest of their lives.

One method to facilitate a peaceful environment for your kids; walk them through the following steps:

- Sit upright comfortably.
- Gently close your eyes.
- Breathe deeply.
- Slowly scan your body, and notice any sensations.
- Be aware of any thoughts you are having.
- When your mind wanders, focus on your breath.
- Gently open your eyes when you are ready.



# 166TH RSG

## H2F



The the 1st Mission Support Command (IMSC), 166th Regional Support Group (RSG), we place People First. There is no more powerful and meaningful mission we could undertake, and H2F is the only way to enable success in this endeavor.

H2F is more than just a Soldier Readiness System. Leaders who regularly practice and seek personal improvement within the Physical, Nutritional, Mental, Sleep and Spiritual Domains, are better prepared to serve their Soldiers. These lessons extend out of uniform, benefiting our Soldier's families, the communities they work and live in, and the Army Reserve overall.

The 166th RSG celebrates the April as the Month of the Military Child, staying Ready Now, and Shaping Tomorrow.

**SFC RICE, NICHOLAS**  
**H2F SYSTEM**  
**MANAGER**