



Defining Total Fitness for the 21st Century

Conference Working Agenda

Objectives

This workshop will form the foundation for the Chairman Joint Chiefs of Staff Instruction (CJCSI) on Total Fitness by:

- Developing a conceptual framework for Total Fitness for the Department of Defense (DoD);
- Creating core definitions for Total Fitness;
- Identifying metrics to assess Total Fitness;
- Identifying “gaps” and “barriers” that presently impede DoD’s progress towards Total Fitness for the 21st Century Warfighter.

Agenda

Sunday, December 6, 2009

Location: Large Dining Room, Building B

1800	Dinner
1925	Welcome: Scientific Advisor to the CJCS - COL Christian Macedonia - to introduce CPT Dennis “DJ” Skelton
1930	Opening Speech: <i>Warrior Needs for Total Fitness</i> , CPT Dennis “DJ” Skelton
2000	Opening Response: Wayne Jonas, <i>Getting to Total Fitness</i>
2030	Moderated Q&A: Jonathan Peck
2100	Adjourn for Evening



Monday, December 7, 2009

Location: Lecture Hall F (Room G-254/Faye Glenn Abdellah Auditorium), Building E

“Fitness Domain” Discussions

Invited speakers will have prepared a 10-page paper on their domain’s contribution to Total Fitness. Each paper will address definitions and components for the given fitness domains (physical, psychological and ecological, behavioral and medical, nutritional, spiritual, and social) along with metrics. Each talk will describe how these components contribute to Total Fitness and propose metrics for assessing fitness. At the start of each “Fitness Domain” session in the afternoon, a speaker will present for 15 minutes, followed by 30 minutes of discussion.

Schedule:

Morning through Lunch

- 0800 – 0815 Welcome and Introductions: COL Francis O’Connor, MD, CHAMP; Wayne Jonas, M.D., Samueli Institute
- 0815 – 0830 Charge to Group: BG Michael Rounds
- 0830 – 0845 Orientation (Jonathan Peck, Institute for Alternative Futures) to meeting objectives & agenda
- 0845 – 0900 The Concept of Total Fitness – COL Francis O’Connor, MD
- 0900 – 0930 Discussion of the Definition for Total Fitness – Wayne Jonas, MD
- 0930 – 0945 The Framework for Fitness Programs in DoD – COL Beverly Land, MD
- 0945 – 1015 Discussion of the Framework for Total Fitness – BG Michael Rounds
- 1015 – 1030 Break
- 1030 – 1115 Physical Fitness — COL Barbara Springer
- 1115 – 1200 Psychological Fitness—Dr. Mark Bates
- 1200 – 1300 Lunch



Afternoon Through Dinner

- 1300 – 1345 Behavioral Fitness — Dr. Robert Bray
- 1345 – 1430 Medical Fitness and Environmental Fitness COL Francis O'Connor and Michael Sawka, Ph.D.
- 1430 – 1515 Nutritional Fitness – Dr. Scott Montain
- 1515 – 1530 Break
- 1530 – 1615 Spiritual Fitness – COL (Ret) Jeffrey Rhodes
- 1615 – 1700 Social Fitness — Dr. Ian Coulter and LTC Paul Lester
- 1700 – 1730 Discussion of Total Fitness Domains
- 1730 – 1800 Break
- 1800 – 2100 Evening Dinner Session: Keynote Address: *Lessons unlearned, education forfeited: Military hygiene enters the 21st Century*, COL Stephen Craig, MD, USA
Dinner Location: Large Dining Room, Building B



Tuesday, December 8, 2009

Location: Large Dining Room, Building B

Fitness Domain Working Groups

Participants (6-12) will work in seven Fitness Domain Working Groups to define key concepts in their assigned area that contribute to Total Fitness. Objectives will include refining definitions and clarifying expected outcomes, developing key metrics for evaluating program effectiveness and identifying gaps and barriers to achieving total fitness. Each group will present their ideas on templates designed to contribute to the CJCSI.

An eighth group - the integration team - will include note takers from the Fitness Domain Working Groups to synthesize definitions, metrics, and gaps into a comprehensive description of Total Fitness.

0830 – 0845 Welcome and Orientation (Mr. Peck)

0845 – 1015 Exercise 1: Refining Overall Definitions and Expected Outcomes/Benefits within Specific Fitness Domains

Based on discussions of the previous day, seven Fitness Domain Working Groups (one for each topic area) will describe and define the integral components of Total Fitness in their assigned domain. Consideration will be given to the conceptual framework of Total Fitness with respect to risk factor reduction, optimization of resilience and human performance.

Upon completion, the note takers will take their group's definitions and outcomes/benefits to the integration team for synthesis and integration, and subsequent presentation to conference attendees.

1015 – 1030 Break

1030 - 1145 Exercise 2: Establishing Metrics for Total Fitness Programs with Checklists for Commanders

The seven Fitness Domain Working Groups with a second note taker will identify metrics that can be used to evaluate the effectiveness of fitness programs. Metrics for fitness programs should include measures of well being, resilience and performance, and identifiable risk factors. A metric-based checklist will be developed for commanders to use. Metrics may be proposed for units, commanders and the DoD enterprise.



During this time period the integration team will work on the linkages between domains with note takers from each of the Fitness Domain Working Groups.

- 1145 Each of the Fitness Domain Working Groups will give their templates with metrics and Commander checklists to the Integration Team. The note takers will then return to the fitness domain working groups.
- 1200 – 1300 Luncheon Presentation – BG Rhonda Cornum
Luncheon location: Lecture Hall F
- 1315 – 1415 Exercise 3: Programs for Total Fitness
Each of the seven fitness domain groups will identify gaps between current fitness programs and programs needed to build Total Fitness and barriers that impede DoD’s progress towards achieving Total Fitness.
- The integration team will work to synthesize and integrate reports from the working groups into a comprehensive set of metrics and checklists for Total Fitness.
- 1415 – 1430 Break
- 1430 – 1630 Discussion between Integration team and Seven Fitness Domain Groups
The integration team will present a summary of Total Fitness with metrics and linkages. Jonathan Peck will facilitate a discussion of the concept and definitions, and invite participants from the seven groups to share program ideas **that align with or add to the synthesis.**
- 1630 Wrap-up (Mr. Peck)
- 1700 Adjourn



Wednesday, December 9, 2009

0900 – 0910 Opening Remarks – BG Michael Rounds

0915 Dr. Charles Rice - Introducing:
Admiral Michael Mullen, Chairman of the Joint Chiefs of Staff – *Why A CJCSI On
Total Fitness Is Needed*

1015--1045 Facilitated Discussion of CJCSI Total Fitness

1045--1100 Break

1100—1145 Continued Discussion of Total Fitness

1145—1200 Conclude and Adjourn--Dr. Jonas & COL O'Connor, MD