

CHAPTER 5

GENERAL

HEALTH-RELATED FITNESS

Health-related fitness includes components of fitness that exhibit a relationship with health and wellness status. Positive health and wellness are associated with the capacity to enjoy life, to withstand challenges, and to live in the absence of disease.

The underlying concept of health-related fitness is that better status in each of the constituent components is associated with lower risk for the development of disease and / or functional disability. As previously mentioned, health-related fitness will be assessed by a measure of waist circumference and an estimation of cardiorespiratory fitness in the context of the Fitness Profile.

Heart attack, stroke, and cancer are the major causes of death and disability among Canadian adults. Physical inactivity, cigarette smoking, improper dietary habits, and inappropriate responses to stress all contribute to these health issues.

LIFESTYLE ASSESSMENT

The Canadian Society for Exercise Physiology's FANTASTIC Lifestyle Checklist covers a broad range of issues that have a powerful influence on health. The FANTASTIC Lifestyle Checklist is a tool that encourages CAF personnel to reflect on their habits and attitudes. This resource is available if required. CAF personnel may wish to discuss this questionnaire with their evaluator. CAF evaluators may contact their local PSP fitness staff for additional resources.

Depending on the result on the Fitness Profile, CAF personnel can be referred to either or both of PSP Fitness Programs and / or Health Promotion services.

STRENGTHENING THE FORCES HEALTH PROMOTION PROGRAM

Strengthening the Forces (STF), the CAF's health promotion program, is designed to enable CAF personnel to increase control over and to improve their overall health and well-being. Strengthening the Forces provides information and programming in the following core components:

- a. Injury Reduction Strategies and Active Living – Injury Reduction Strategies for Sports and Physical Activity
- b. Addiction Awareness and Prevention – Alcohol, Other Drugs, and Gambling Awareness Program, Butt Out Tobacco Cessation Program
- c. Social Wellness – Stress Take Charge, Mental Fitness & Suicide Awareness, Managing Angry Moments, Inter-Comm: Dealing with Conflict and Improving Communication in Personal Relationships
- d. Nutritional Wellness – Weight Wellness, Top Fuel for Top Performance

The most current brochures and materials related to the above programs can be accessed through local Health Promotion delivery offices and by ordering through the Canadian Forces supply system. For more information on these programs, go to: <http://www.forces.gc.ca/en/caf-community-health-services-wellness/index.page>.