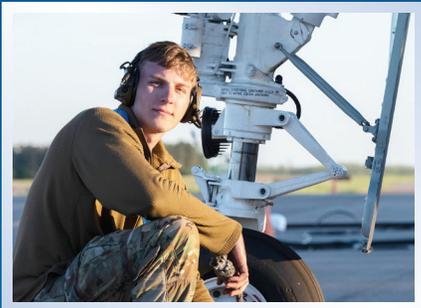




Create cohesive, high-performing teams that foster trust & connection through small group discussions.



Unite through Activity

- ▶ Show your Air Force family members that they are important. Host a family day of summer fun activities for the young and young at heart. Play water balloon volleyball, rent a waterslide, and bring in a snow cone truck for cool treats - make sure to watch local back to school schedules for maximum participation.

Related Resources

- ▶ Reoptimizing for Great Power Competition [GPC Glossy Final MG Thurs 1245pm \[af.mil\]](#)
- ▶ Air Force Studies Fatigue and Sleep to Enhance Readiness [Air Force studies fatigue and sleep to enhance readiness > Air Force Medical Service > Display \[af.mil\]](#)

COMBAT READINESS: A HOLISTIC APPROACH

Holistic combat readiness is a comprehensive approach to preparing individuals and teams for effective performance in combat situations. It goes beyond traditional physical training and incorporates a range of factors that contribute to overall effectiveness. Holistic combat readiness is the state of being prepared to engage immediately and effectively in combat operations. Airmen are trained and equipped to respond to threats and ensure the safety of our country.

Through exercises, drills, safety inspections, and equipment maintenance, Airmen are trained and equipped to respond to threats and preserve national security. Physical conditioning, along with mental health, spiritual health, proper nutrition, adequate sleep and a strong support system significantly improve overall combat effectiveness.

Taking a preventive approach to well-being leads to increased productivity, optimal health, and decreased absenteeism, which helps maintain a higher level of readiness. Seeking help early before a physical or mental issue becomes critical guarantees there will be combat ready Airmen to enact the mission.

A climate of readiness success extends to include families and a network of support. A healthy social life provides a stable and comforting environment, which helps manage the stresses and demands of military life. When service members have a solid support group and know their families are well-supported and safe, they can focus better on their duties, enhancing their performance and operational readiness.

Increasing competitiveness is the focus of the Great Power Competition (GPC). Six of the twenty-four key decisions fall under "Generate Readiness". We must be prepared for changes to how we remain combat ready with mission-focused training, no-notice/limited notice assessments, improvement of processes in weapon systems health, practice working in difficult conditions and more complex exercises. We must adapt to effectively demonstrate our readiness.

Reaching combat readiness requires us to be resilient and healthy enough to sustain long-term operations in difficult environments. By adopting a holistic health approach, the military can enhance the readiness and resilience of its members, ultimately leading to a more effective and capable force.

WATCH...

"Ready Tiger 24-1" Moody's readiness exercise, demonstrates the 23rd Wing's ability to plan, prepare and execute operations and maintenance.

[VIDS - Video - Ready Tiger 24-1 \[dvidshub.net\]](#)

"Tyndall LRS Rodeo Increases Readiness" highlights the first 325th LRS exercise to increase readiness for future near-peer adversary conflict.

[VIDS - Video - Tyndall LRS Rodeo increases readiness \[dvidshub.net\]](#)

CSAF Leadership - Message to the Force on GPC by AF Chief of Staff Gen. David Allwin.

[Reoptimization for Great Power Competition \[af.mil\]](#)

DISCUSS...

1. What are your healthy sleep habits and routines?
2. What role does nutrition and overall health play in sustaining long-term combat readiness?
3. What resources are available to help you remain "combat ready"?
4. How do you see the Great Power Competition increasing combat readiness?

You know that your team generally "studies" for their annual Physical Fitness Test by working out in the weeks prior to their scheduled test. How could you influence them to practice a more routine exercise regimen?

"We are moving forward with a sense of urgency to ensure we are ready to deter, and if necessary, win. We are out of time."

- Secretary of the Air Force Frank Kendall





American Heart Association.

Healthy for Good™

Life's Essential



HOW TO GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.

✓ LEARN HOW SLEEP AFFECTS YOUR HEALTH

Most adults need 7 to 9 hours of sleep each night. Babies and kids need even more. *Poor sleep may put you at higher risk for:*

- ▶ Cardiovascular disease
- ▶ Cognitive decline and dementia
- ▶ Depression
- ▶ High blood pressure, blood sugar and cholesterol
- ▶ Obesity



✓ LEARN THE BENEFITS OF SLEEP

- ✓ **HEALING** and repair of cells, tissues and blood vessels
- ✓ **STRONGER** immune system
- ✓ **IMPROVED** mood and energy
- ✓ **BETTER BRAIN FUNCTION** including alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- ✓ **LESS RISK** of chronic disease

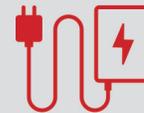
Learn more at heart.org/lifes8

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TIPS FOR SUCCESS

Clean up your sleep hygiene



MOVE IT.

Charge your device as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.



DIM IT.

Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.



SET IT.

Alarms aren't just for waking up – set a bedtime alarm to remind you that it's time to wrap it up for the night.



LOCK IT.

If you've got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming.



BLOCK IT.

Tell notifications to buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.