

2023 HOLISTIC HEALTH AND FITNESS (H2F) SYMPOSIUM

Changing the Army's Culture of Health & Fitness

24-26 April / Fort Eustis, VA

PROGRAM GUIDE



SPONSORED BY: The U.S. Army Center for Initial Military Training (USACIMT) and U.S. Army Training and Doctrine Command (TRADOC)



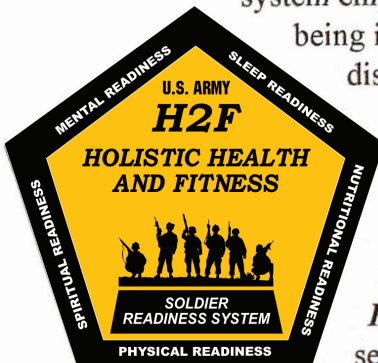


On behalf of the Soldiers and Civilians of the U.S. Army Center for Initial Military Training, welcome to the 2023 Holistic Health and Fitness Symposium.

Our Army's philosophy is People First, and our attitude is Winning Matters. That means building cohesive teams that are highly trained, disciplined, and fit. Teams that will win against our adversaries anywhere in the world. Our Soldiers must remain the most flexible and discriminately lethal force on the battlefield.

To accomplish this, we require a comprehensive human performance optimization system for every Soldier that leverages evidence-based information and best practices, to proactively improve Soldier personal readiness.

The Holistic Health and Fitness (H2F) System is the Army's primary investment in Soldier readiness and lethality, optimal physical and non-physical performance, reduced injury rates, improved rehabilitation after injury, and increased overall effectiveness of the Total Army. The system empowers and equips Soldiers to take charge of their health, fitness, and well-being in order to optimize individual performance, while preventing injury and disease.



As the TRADOC Executive Agent for fitness across the Army, we are excited to see the cultural change that the Holistic Health and Fitness System is driving across the force.

The 2023 H2F Symposium, *Changing the Army's Culture of Health and Fitness*, is an incredible opportunity for experts and innovators from every sector – military, industry, government, and academia – to collaborate in this increasingly complex environment as we drive a new Army readiness culture.

We know that you will find this event beneficial, but please reach out to a member of the H2F team if you have ways to improve this event for the future.

JOHN D. KLINE
Major General, USA
Commanding

General Information

SPEAKING SESSIONS

The speaking sessions will be in the Jacobs Conference Center.

647 Monroe Avenue
Fort Eustis, VA 23604

EXHIBIT HALL

The exhibits are in the Anderson Field House (right across the street from the Conference Center) and are open 1000-1500 on Tuesday.

643 Dickman Street
Fort Eustis, VA 23604

PAYMENTS

If you need to settle your registration fee or need a copy of your receipt, please see an NCSI representative at the registration desk.

NAME BADGE

For security purposes, please always wear your event name badge while attending the Symposium and remember to remove it when you leave base.

REFRESHMENTS

Light refreshments and coffee will be provided in the foyer area of the Conference Center as well as in Anderson Field House. Lunch is not provided but there will be food trucks on-site. The Resolute Dining Facility is open for lunch for CAC holders from 1130-1300 and located at 695 Monroe Ave Fort Eustis, VA 23604.

QUESTIONS OR CONCERNS

If you have any questions or concerns, please do not hesitate to speak with one of the NCSI representatives.

MONDAY 24 APRIL

TIME	ACTIVITY/SESSION	LOCATION
1200 – 1600	Exhibitor Check In and Set Up	Anderson Field House
1600 – 1800	Senior Leadership Networking Event (Government by Invitation Only) This is a unique chance for senior leadership and subject matter experts to come together and preview the exhibits in a timely manner. It will consist of a guided tour of the exhibit hall where each exhibitor will have the opportunity to give a one-minute presentation followed by a networking social.	Anderson Field House

TUESDAY 25 APRIL

TIME	ACTIVITY/SESSION	SPEAKER	LOCATION
0730 – 0830	Check In and On-Site Registration		Jacobs Conference Center
0830 – 0845	Opening Remarks	MG John Kline <i>Commanding General, Center for Initial Military Training</i>	Jacobs Conference Center
0845 – 0930	Keynote Address	LTG Xavier Brunson <i>Commanding General, I Corps</i>	Jacobs Conference Center
0930 – 1000	H2F System Overview	COL Jason Faulkenberry <i>H2F Director</i>	Jacobs Conference Center
1000 – 1115	Break/Exhibits		Anderson Field House
1115 – 1145	ARNG H2F Update	BG Robert Davis <i>G3/5/7, Army National Guard</i>	Jacobs Conference Center
1145 – 1215	Physical Readiness Domain Presentation	Mr. Nate Palin <i>Director of Education, Soldiers to Sidelines</i>	Jacobs Conference Center
1215 – 1500	Lunch/Exhibits **Food trucks will be available on-site		Anderson Field House
1500 – 1530	USAR H2F Update	COL John Shipe <i>G3/5/7, 81st Readiness Division</i>	Jacobs Conference Center
1530 – 1600	Mental Readiness Domain Presentation	BG Deydre Teyhen <i>Commanding General, Brooke Army Medical Center</i>	Jacobs Conference Center
1600 – 1630	Nutritional Readiness Domain Presentation	Ms. Christi Logan <i>POTFF Human Performance Advisor</i>	Jacobs Conference Center
1630 – 1645	Closing Remarks	Mr. Karl Linderman <i>H2F Operations Chief</i>	Jacobs Conference Center

WEDNESDAY 26 APRIL

TIME	ACTIVITY/SESSION	SPEAKER	LOCATION
0630 – 0715	BeaverFit PT Session (<i>Optional</i>)		
0730 – 0830	Check In and On-Site Registration		Jacobs Conference Center
0830 – 0900	Keynote Speaker Address	SMA Michael Grinston <i>16th Sergeant Major of the Army</i>	Jacobs Conference Center
0900 – 0930	Spiritual Readiness Domain Presentation	CH (MG) Thomas Solhjem <i>Chief of Chaplains</i>	Jacobs Conference Center
0930 – 1000	Sleep Readiness Domain Presentation	COL Ingrid Lim <i>Command Inspector General, Medical Readiness Command, Pacific</i>	Jacobs Conference Center
1000 – 1030	H2F Non-Resourced BDE CDR Presentation	COL Michael Kloepper <i>Commander, 173rd IBCT (Airborne)</i>	Jacobs Conference Center
1030 – 1045	Break		Jacobs Conference Center
1045 – 1110	H2F Short Range Academic Targets & Data Ecosystem	Dr. Andrew Thompson <i>Research Physiologist, CIMT</i>	Jacobs Conference Center
1110 – 1130	Transitioning S&T RDTE to Enable Force Modernization	Mr. George Matook <i>MASTR-E Program Manager, DEVCOM SC</i>	Jacobs Conference Center
1130 – 1150	Comprehensive Health and Wellness	CW3 Aaron Hunnel <i>Health & Wellness Program Manager, WI ARNG</i>	Jacobs Conference Center
1150 – 1200	Closing Remarks	MG John Kline <i>Commanding General, Center for Initial Military Training</i>	Jacobs Conference Center



Lieutenant General Xavier Brunson

Commanding General, I Corps

Lieutenant General (LTG) Xavier T. Brunson is the Commanding General of I Corps and Joint Base Lewis-McChord (JBLM). As a General Officer, LTG Brunson has served in numerous staff and command positions of both Conventional and Special Operations Forces. His operational assignments have included service in Operation Iraqi Freedom, Operation Enduring Freedom, Operation Freedom's Sentinel, and Operation Inherent Resolve. Brunson was commissioned as an infantry officer upon graduation.

He holds a Bachelor of Arts in political science from Hampton University, a Master of Arts in human resource development from Webster University, and a Master of Science in national security strategic

studies from the United States Army War College. LTG Brunson's notable civic awards include ΩΨΦ's Brother Dr. Julian Haywood Gamma Epsilon (ΓΕ) Founder's Leadership Award and the United States National Park Service's Trailblazer Award from the Charles Young Buffalo Soldiers National Monument. In addition, the Field Artillery, Infantry, Chaplains, Military Intelligence, and Civil Affairs regimental associations have respectively bestowed upon him the Honorable Order of Saint Barbara, Centurion Order of Saint Maurice, Order of Aaron and Hur, Thomas Knowlton Award, and Colonel Eli E. Nobleman Award. He is married to Colonel (retired) Kirsten Brunson. They have two daughters and one son.



Brigadier General Robert Davis

G3/5/7, Army National Guard

SOURCE OF COMMISSIONED SERVICE: ROTC EDUCATIONAL DEGREES

Norwich University – BS – Environmental Engineering
Colorado State University – MBA – Business Administration
United States Naval War College – MA – National Security and Strategic Studies

MILITARY SCHOOLS ATTENDED

Field Artillery Officer Basic Course
Field Artillery Officer Advanced Course
Command and General Staff College
Support Operations Course
Joint Operations Fires and Effects Course
Ordnance Officer Branch Qualification Course
Senior Service College and Joint Professional Military Education Level II
United States Naval War College of Naval Warfare
Dual Status Commanders Course (NORTHCOM)
Joint Task Force Commanders Course (NORTHCOM)
Syracuse University National Security Studies Management Course

ASSIGNMENTS

Jul 22 Present: National Guard Assistant for Army National Guard Operations and Training, Arlington, Virginia
Jul 20 Jun 22: Deputy G-3/5/7, United States Forces Command, Fort Bragg, NC
Oct 17 Jun 20: Land Component Commander, Colorado Army National Guard, Centennial, Colorado
Dec 16 Sep 17: Commander, 169th Field Artillery Brigade, OPERATION SPARTAN SHIELD and OPERATION INHERENT RESOLVE, Camp Redleg, United Arab Emirates

Jun 15 Nov 16: Commander, 169th Field Artillery Brigade, Aurora, Colorado
Jul 14 Jun 15: Student, Naval War College, Newport, Rhode Island
Nov 12 Jun 14: Commander, 3rd Battalion, 157th Field Artillery, Colorado Springs, Colorado
Nov 11 Nov 12: Deputy Commander, 169th Field Artillery Brigade, Aurora, Colorado
Jan 10 Nov 11: S-3 and Training Officer, 169th Field Artillery Brigade, Aurora, Colorado
Aug 07 Jan 10: Fire Support Coordinator, 169th Field Artillery Brigade and Colorado National CBRNE Enhanced Response Force Package (NG CERFP) Administrative Officer, Aurora, Colorado
Jul 06 Jul 07: Engagements Officer, 169th Field Artillery Brigade, 25th Infantry Division, OPERATION IRAQI FREEDOM, Iraq
Dec 04 Apr 06: S-3, 1st Battalion, 157th Field Artillery, Boulder, Colorado
Aug 03 Dec 04: Operations and Intelligence Officer, 169th Field Artillery Brigade, Aurora, Colorado
Oct 02 Aug 03: Liaison Officer, 169th Field Artillery Brigade, Aurora, Colorado
Oct 00 Oct 00: Fire Control Officer, 169th Field Artillery Brigade, Aurora, Colorado
Jun 98 Oct 00: Commander, B Battery, 1st Battalion, 157th Field Artillery, Longmont, Colorado
Sep 97 Jun 98: Fire Direction Officer, 1st Battalion, 157th Field Artillery, Longmont, Colorado
Sep 96 Sep 97: Executive Officer, B Battery, 2nd Battalion, 157th Field Artillery, Colorado Springs, Colorado

continued on next page

Brigadier General Robert Davis (continued)

G3/5/7, Army National Guard

Sep 95 Sep 96: Fire Direction Officer, B Battery, 2nd Battalion, 157th Field Artillery, Colorado Springs, Colorado

Sep 93 Sep 95: Fire Direction Officer, A Battery, 1st Battalion, 103rd Field Artillery, Providence, Rhode Island

SUMMARY OF JOINT ASSIGNMENTS

Commander, 169th Field Artillery Brigade, OPERATION SPARTAN SHIELD and OPERATION INHERENT RESOLVE, Camp Redleg, United Arab Emirates

SUMMARY OF OPERATIONAL ASSIGNMENTS

Commander, 169th Field Artillery Brigade, OPERATION SPARTAN SHIELD and OPERATION INHERENT RESOLVE, Camp Redleg, United Arab Emirates
Engagements Officer, 169th Field Artillery Brigade, 25th Infantry Division, OPERATION IRAQI FREEDOM, Iraq

US DECORATIONS AND BADGES

Legion of Merit (with 2 Bronze Oak Leaf Clusters)

Bronze Star

Meritorious Service Medal (with 3 Bronze Oak Leaf Clusters)

Army Commendation Medal (with 2 Bronze Oak Leaf Clusters)

Air Force Commendation Medal

Army Achievement Medal (with 2 Bronze Oak Leaf Clusters)

Meritorious Unit Commendation

Army Reserve Components Achievement Medal (with 1 Silver Oak Leaf Cluster and 2 Oak Leaf Clusters)

National Defense Service Medal (with Bronze Service Star)

Iraq Campaign Medal (with 2 Bronze Service Stars)

Global War on Terrorism Expeditionary Medal

Global War on Terrorism Service Medal

Humanitarian Service Medal

Armed Forces Reserve Medal (with Silver Hourglass Device and M Device)

Army Service Ribbon

Overseas Service Ribbon (with Numeral 2)

Army Reserve Components Overseas Training Ribbon (with Numeral 5)

Meritorious Unit Commendation (with Bronze Oak Leaf Cluster)

CIVILIAN OCCUPATION

Vice President of Operations Engineering, PopSockets LLC located in Boulder, Colorado. The company designs and manufactures consumer products and has over \$250M in global sales. Responsible for a global engineering and quality team with oversight of product manufacturing in factories in North America and Asia.

PROFESSIONAL MEMBERSHIPS AND ACHIEVEMENTS

Field Artillery Association

National Guard Association of the United States

National Guard Association of Colorado



Colonel Jason Faulkenberry

H2F Director

Colonel Jason Faulkenberry enlisted in the Army as a Preventive Medicine Specialist and commissioned soon after in the Medical Service Corps in 2000 as an Environmental Science and Engineering Officer (ESEO). He has served in a variety of assignments to include Chief of Environmental Health, Chief of the Field Preventive Medicine Division, Instructor at the Army Medical Department Center and School, and Deputy Commander of Public Health Command-Atlantic at Ft. Meade, MD.

In 2003, he served as the first Force Health Protection Officer in the Army's first Stryker Brigade Combat Team (SBCT) during the unit's inaugural combat mission in support of Operation Iraqi Freedom One and Two. From 2012-2014, he served as commander of the 227th Medical Detachment (Preventive Medicine). In 2016, he served as the Joint Staff Force Health Protection Officer in the Office of the Joint Staff Surgeon. Most recently he commanded the

McDonald Army Health Center at Ft. Eustis, VA from June 2019 – June 2021.

Colonel Faulkenberry holds a Bachelor of Science in Biology, a Master of Science in Environmental Health, a Master of Science in Environmental Management, a Master of Military Art and Science from the U.S. Army Command and General Staff College and a Master of Strategic Studies from the Army War College.

Since December 2022, Colonel Faulkenberry serves as the Director for Holistic Health and Fitness (H2F) System.

Colonel Jason Faulkenberry is married to Melody, and they have three children.



Sergeant Major Michael Grinston

16th Sergeant Major of the Army

Sgt. Maj. of the Army Michael A. Grinston was sworn in as the 16th Sergeant Major of the Army on Aug. 9, 2019. Grinston has held every enlisted leadership position in artillery, ranging from cannon crewmember to command sergeant major.

As the sergeant major of the Army, Grinston is the Army chief of staff's personal adviser on matters affecting the enlisted force. He devotes the majority of his time traveling throughout the Army to observe training and interact with Soldiers and their Families. He sits on a variety of councils and boards that make decisions affecting enlisted Soldiers and their Families and routinely invited to testify before Congress. Grinston is the public face of the U.S. Army's Noncommissioned Officer Corps, representing the NCO Corps to the American people in the media and through business and community engagements.

Grinston is a native of Jasper, Alabama, and enlisted in the Army in October 1987. He attended Basic Training and Advanced Individual Training as an artilleryman at Fort Sill, Oklahoma. Grinston's deployments include Operations Desert Storm and Desert Shield, Iraqi Freedom, New Dawn, Inherent Resolve, Enduring Freedom, and Kosovo. As the 1st Infantry Division command sergeant major, Grinston served as the senior enlisted leader for the Army's first deployment of a division headquarters in support of Operation Inherent Resolve. He also served as the I Corps

command sergeant major, and as the command sergeant major for U.S. Army Forces Command.

Grinston's military education includes all levels of the Noncommissioned Officer Education System. He is a graduate of Ranger School, Airborne School, Drill Sergeant School, Air Assault School, How the Army Runs Course, the Equal Opportunity Leaders Course and the Keystone Course. Grinston holds a Bachelors of Arts in Business Administration from the University of Maryland University College.

His awards and decorations include the Army Distinguished Service Medal, Defense Superior Service Medal, Legion of Merit (2nd award), Bronze Star Medal with Valor (2nd award), the Bronze Star medal (3rd award). He has earned the Ranger tab, Master Parachutist badge, Air Assault badge, Drill Sergeant Identification badge, and the Combat Action Badge.

Grinston is married and has two children.



CW3 Aaron Hunnel

Health & Wellness Program Manager, WI ARNG

CW3 Aaron Hunnel is the Director of Wellness and Resilience in the Wisconsin National Guard, an author and ultra-endurance athlete who believes that people are the greatest gift in life. In 2017 he founded the Comprehensive Health and Wellness Program in the Wisconsin National Guard and his work has influenced the hearts and minds of thousands of people all over the world as he empowers them to live authentic, fulfilled lives. CW3 Hunnel uses his 15 years of leadership experience combined with his degrees in behavior and organizational change to create high performing workplaces. After struggling with his own physical, mental, and social health from multiple deployments, he unlocked a passion for life through endurance racing. During the pandemic and inspired by a student struggling in one of his courses, CW3 Hunnel and his team of veterans started a

project called Ride 2 Stop Suicide. The mission: to put bikes into the hands of veterans all around the United States. As part of the campaign and while crewed by his team, he rode 3000 miles in 22 days from Oceanside, CA to Annapolis, MD, to raise money and awareness to reduce veteran suicide (140 miles per day). CW3 Hunnel is a certified wellness practitioner, certified intrinsic coach, Top 25 National Wellness Professional, but his favorite titles are: husband, dad, friend and human.



Major General John Kline

Commanding General, U.S. Army Center for Initial Military Training

Major General John Kline is the Commanding General for the U.S. Army Center for Initial Military Training, U.S. Army Training and Doctrine Command (USACIMT), and is responsible for annually transforming 130,000 civilian volunteers into Soldiers who are disciplined, fit, grounded in Army Values, and combat ready. He also serves as the Senior Mission Commander of Fort Eustis as part of Joint Base Langley – Eustis.

Major General Kline graduated from Shippensburg University, Pennsylvania in 1992 and was commissioned as a Field Artillery officer where he served three years as a Fire Support Officer and later a MLRS platoon leader before transferring to the Aviation branch until his promotion to Major General. His military education includes the Field Artillery Officer Basic Course, Initial

Entry Rotary Wing, Aviation Officer Advanced Course, Army Command and General Staff College and Air War College. He holds a Master's Degree from Central Michigan University in Administration and a Master's Degree in Strategic Studies from the Air War College. Major General Kline commanded tactical aviation units at the company, battalion, and brigade levels. His aviation command assignments include A Company, 5th Battalion, 158th Aviation Regiment in Germany; 5th Battalion, 101st Aviation Regiment (Task Force Eagle Assault) in Fort Campbell, Kentucky and the

3rd Combat Aviation Brigade located at Hunter Army Airfield in Savannah, Georgia.

In combat, Major General Kline served as the Executive Officer for 5th Battalion, 101st Aviation Regiment in Tikrit, Iraq from 2005-2006; Deputy Brigade Commander for 101st Combat Aviation Brigade in Bagram, Afghanistan in 2008; Battalion Commander of 5th Battalion, 101st Aviation Regiment at FOB Wolverine near Qalat, Afghanistan from 2010-2011; Commander of Task Force Forge in Helmand, Afghanistan from 2015-2016 and most recently represented the United States to conduct routine communications with the Taliban Political Commission (TPC) in Doha, Qatar in 2021.

Beyond his command and combat assignments, Major General Kline has served in a wide variety of staff and leadership positions to include two years in the Pentagon on the Army Staff. First as the Deputy Director for Army Aviation (DAMO-AV) and later as the Executive Officer for the Headquarters Department of the Army Deputy Chief of Staff G3/5/7. Major General Kline later served as the Deputy Commanding General (Support) for the 7th Infantry Division in Fort Lewis, Washington from 2018-2019 followed by an assignment as Deputy Chief of Staff, G-3/5/7 for the Training and Doctrine Command (TRADOC) at Fort Eustis, VA from 2019- 2021.



Colonel Michael Kloepper

Commander, 173rd IBCT (Airborne)

Colonel Michael F. Kloepper is a 1997 graduate of the United States Military Academy at West Point, a 2015 graduate of the Kenan Flagler Business School at the University of North Carolina at Chapel Hill, and a 2021 Distinguished Graduate of the U.S. Army War College in Carlisle, PA. He is an Infantry Officer, Ranger qualified, and is a Master Parachutist.

Mike's formative assignments include – Commander, Company B, 2nd Battalion, 503d Infantry (ABN); Commander, Company A, 1st Battalion, 75th Ranger Regiment; Operations Officer, 508th Parachute Infantry Regiment; Commander, 2d Battalion, 503d Infantry (ABN) "The Rock"; Commander, 3d Battalion, 75th Ranger Regiment; Deputy Commander for Support, 75th Ranger Regiment. Mike is currently

serving as the Commander of the 173d Airborne Brigade.

Mike has deployed iteratively to both Afghanistan and Iraq in a variety of staff and Command positions. His awards and decorations include the Combat Infantry's Badge, Legion of Merit, Bronze Star w/Valor, and the Purple Heart.

Mike is an avid outdoorsman and fitness enthusiast.

Mike is married to his high school sweet heart, the former Ellen Berk of Caldwell, NJ. Mike and Ellen are raising three boys – Alex (20, USMA '24), Jacob (18), and Sam (15).



Colonel Ingrid Lim, Psy. D.

U.S. Army Medical Service Corps, Command Inspector General, Medical Readiness Command, Pacific

COL Lim is from New York City, NY and graduated from SUNY College of Environmental Science & Forestry and Syracuse University with a Bachelor of Science degree. She earned her Master's Degree in Education Counseling from Boston University and her doctoral degree from the Minnesota School of Professional Psychologist in Clinical Psychology. She completed her internship and post-doctoral residency in child psychology at Tripler Army Medical Center, HI. COL Lim's areas of interest are resilience, suicide prevention, and the promotion of sleep as a resource. She has expertise in military psychology, child and developmental psychology, clinical psychology, command consultation, and selection and assessment.

COL Lim was commissioned through ROTC at Syracuse University in 1987 as USAR Engineer Officer. She served as an Executive Officer in an Engineer Training Company in 98th Division in New York; Engineer Officer in 312th Rear Area Operation Center, 1st Armored Division; 1st Armored Division DISCOM Liaison Officer during the Operations Desert Shield /Desert Storm; a tactical Psychological Operations Officer and Assistant Operations Officer with the 13th Psychological Operations Battalion.

As a psychologist, COL Lim was the 3d ID (MECH), Division Psychologist; the Chief of the Child Psychology Service at Brook Army Medical Center

(BAMC), the largest Child Psychology Clinic in the Army; Chief of Psychology Services and Deputy Chief of the Department of Behavioral Health, BAMC. She established the Warrior Clinic for Soldiers returning from SWA and an Army Clinical Psychology Internship Program at BAMC; served as the National Director of all the Army's Clinical Psychology Internship Programs; the National Director of all the Army's Clinical Psychology Training Programs, and US Army representative to Association of Psychology Postdoctoral and Internship Centers.

COL Lim served as the Executive Officer to the CG, RHC-A, the Sleep Lead for Performance Triad, and Command Psychologist for the United States Army Recruiting Command at Ft. Knox, KY. COL Lim is the recipient of the Order of Military Merit for distinguished service and 9A proficiency designation for significant contributions to the advancement of knowledge in the field of clinical psychology. COL Lim served as the Deputy Chief and Chief of the Department of Behavioral Health and Regional Health Command Pacific, clinical psychology consultant. COL was the Deputy Commander for Medical Services at Tripler Army Medical Center where she chaired the Hawaii Market COVID19 Vaccination Group, a tri-service effort and served as point for TAMC's COVID19 vaccine campaign effort. She is now the Command Inspector General at Medical Readiness Command, Pacific.



Mr. Karl Linderman

Chief of H2F Operations and Training

Karl S. Linderman is a native of Cuba, New York. Mr. Linderman graduated from Tulane University in 1995. He was commissioned through the R.O.T.C program as a second lieutenant in the U.S. Army Transportation Corps, branch detailed to the Field Artillery. Over his 24-year career, Mr. Linderman's duties included several significant leadership and staff assignments.

Lieutenant Linderman's first operational assignment was to the 2nd Infantry Division Artillery as a Fire Direction Officer at Camp Casey, Korea in 1996. From 1997 to 2019, his key assignments included Commander of the 57th Transportation Company, Aide-de-Camp to the Commanding General, U.S. Army Combined Arms Support Command (USACASCOM), Military Training Team Leader, Combined Security Transition Command - Afghanistan (CSTC-A), 10th Mountain Division Transportation Officer deployed in support of Operation Iraqi Freedom (OIF) and Commander of the 11th Transportation Battalion. Other notable assignments include Secretary of the General Staff, and later, Special Assistant to the Commanding General, U.S. Army Materiel Command (USAMC), and Director of Personnel Development at the U.S. Army Transportation School. Colonel

Linderman's last assignment was Director of the Joint Deployment Training Center (JDTC), the Joint Staff J-7 (Joint Force Development).

Upon his retirement in October of 2019, Mr. Linderman was employed by the JANUS Research Group as a doctrine developer and analyst, working on the development of doctrinal products supporting the Army's H2F initiative.

Mr. Linderman accepted a full time position as a Department of Army civilian program analyst in May 2020 where he currently serves as the Chief of H2F Operations and Training. In this capacity, he is involved with H2F doctrine development, program funding and resourcing, and training development.

Mr. Linderman holds a Bachelor of Arts degree in Art and Biology from Tulane University, a Master of Public Administration from Troy University and a Master of Science degree in National Resource Strategy from the Dwight D. Eisenhower School, National Defense University.



Ms. Christi Logan

Human Performance Advisor, USSOCOM Preservation of the Force and Family (POTFF)

Ms. Logan is the USSOCOM Preservation of the Force and Family (POTFF), Human Performance Advisor, MacDill Air Force Base, Florida.

Ms. Logan graduated from Michigan State University in 1998 with two Bachelor of Science degrees in Dietetics and Nutritional Sciences. She completed her Dietetic Internship at Wayne State University in 2001, received her USAF commission in May 2001, and graduated Commissioned Officer Training in October 2001. She has specialty training in Adult and Pediatric Weight Management, is a Performance Enhancement Specialist with the National Academy of Sports Medicine and has been a Level 1 Sports Performance Coach with USA Weightlifting and a Certified Speed Specialist with the National Association of Speed and Explosion. She has held her Certified Specialist in Sport Dietetics credential since 2008 and earned the Diploma in Sports Nutrition through the International Olympic Committee, Lausanne,

Switzerland in 2014. In December 2014, Ms. Logan graduated from California University of Pennsylvania with a Master of Science degree in Exercise Science and Health Promotion with emphasis in Performance Enhancement and Injury Prevention.

Ms. Logan has spent a total of 15 years in support of the United States Special Operations Command's Human Performance Program and its performance nutrition mission. Eight of those years were as an embedded Performance Dietitian within Special Mission Units (Army, Air Force and Joint). She also has 9 years of clinical nutrition experience in military medical treatment facilities.



Mr. George Matook

MASTR-E Program Manager, DEVCOM SC

Mr. George Matook is the Program Manager (PM) for the Measuring and Advancing Soldier Tactical Readiness and Effectiveness (MASTR-E) science and technology (S&T) program, led by the US Army Combat Capabilities Development Command Soldier Center (DEVCOM SC). Mr. Matook is responsible for all aspects of planning, organizing, and executing the largest human performance S&T program in DoD history. MASTR-E is a five-year (FY20-FY24), \$100M effort to understand and improve warfighter capability by measuring, predicting, and enhancing human performance. The program built a broad coalition of thirty-eight organizations with over one hundred scientists and engineers across the services, the Department of Energy, industry, and academia.

From 2017-2019, Mr. Matook served as the Deputy Director of the Soldier Performance Optimization Directorate (SPOD) at DEVCOM SC. In that role, he helped organize and establish SPOD as a new directorate within the Soldier Center, overseeing with the Director \$250M in core S&T funding over the Program Objective Memorandum (POM). Mr. Matook generated and managed internal and external relationships. In this role, he was responsible for the career development and supervision of a team of seven (7) operations employees up to a GS-13 grade level.

Prior to serving as the Deputy Director, Mr. Matook worked in the field of aerial delivery S&T including

both parachutes and helicopter sling load. He served as the Executive Officer to the Director, formulating goals, policies, and objectives for the directorate. Mr. Matook built and defended the directorate's POM during a dramatic shift in Army priorities. This time also included a detail to the DEVCOM SC Director (SES) as a senior leader shadowing assignment. At the start of his career, Mr. Matook was a project engineer, leading Army and US Transportation Command helicopter sling load and US Air Force airdrop mission planning efforts, as well as assisting with a variety of other projects.

Mr. Matook earned a Master of Science in Management from Emmanuel College, a Master of Science in Mechanical Engineering from Worcester Polytechnic Institute (WPI), and a Bachelor of Science in Mechanical Engineering with a concentration in Aerospace from WPI (with High Distinction). He is a graduate of the Army's Civilian Education System Advanced Course, the Acquisition Leadership Challenge Program, and a member of the Army Acquisition Corps. Mr. Matook was named the Army S&T Professional of the Year for 2022 by the Army Acquisition Executive. He is a recipient of the Civilian Service Achievement Medal and the Initiative Award for Creativity and Innovation from the Greater Boston Federal Executive Board.



Command Sergeant Major Michael McMurdy

Command Sergeant Major, U.S. Army Center for Initial Military Training

Command Sergeant Major (CSM) Michael McMurdy is from Grove City, PA. He entered the Army on August 14, 1996, and attended Basic Combat Training and Advanced Individual Training as an 13B (Cannon Crewmember) at Fort Sill, OK.

CSM McMurdy's initial assignment was with the 3-320th Field Artillery Battalion, 101st Airborne Division (Air Assault), Fort Campbell, KY, where he served as Advanced Party, Ammunition Team Chief, Gunner, and Section Chief. He deployed to Kosovo in 2000 in support of the 1-187th Infantry Regiment. CSM McMurdy also deployed in support of Operation Iraqi Freedom in 2003-2004.

Upon redeployment, CSM McMurdy served as a Drill Sergeant and Senior Drill Sergeant at Fort Sill with the 1-40th Field Artillery Battalion from 2004-2006.

He was then assigned to 3-17th Field Artillery Regiment, Joint Base Lewis-McChord (JBLM) from 2007-2013. During his tenure at JBLM, he served as Platoon Sergeant, Firing & Headquarters Battery First Sergeant, and Operations Sergeant Major for 2-1 Infantry Regiment, and interim Battalion Command Sergeant Major for 2-17 Field Artillery Battalion, all within 5-2 Stryker Brigade Combat Team (SBCT) and 2-2 SBCT. This assignment included deployments in support of Operation Enduring Freedom 2009-2010 and 2012.

CSM McMurdy attended the U.S. Army Sergeants Major Academy at Fort Bliss, TX from 2013-2014 and was subsequently assigned as the Battalion Command Sergeant Major for 1-320th Field Artillery, 2nd Brigade Combat Team, 101st Airborne Division (Air Assault) from

2015-2016. He was then selected to serve as the 2nd Brigade, 3rd Infantry Division Command Sergeant Major from 2016-2018 and the 4th Security Force Assistance Brigade Command Sergeant Major from 2018-2020 at Fort Carson, CO. Most recently, he served as the Command Sergeant Major of the U.S. Army Field Artillery School at Fort Sill. CSM McMurdy's military education includes the Warrior Leader Course, Basic Leader Course, Advanced Leader Course, First Sergeants Course, Drill Sergeant School, Ranger School, Air Assault School, and the U. S. Army Sergeants Major Academy (Class #64). He also holds an Associate of Arts Degree from Thomas Edison University and a Bachelor of Arts Degree in Organizational Leadership from Brandman University.

CSM McMurdy's awards and decorations include the Legion of Merit, Bronze Star Medal for Valor, Ranger Tab, Combat Action and Air Assault Badges, Field Artillery Master Gunner and Drill Sergeant Identification Badges, the Ancient Order of Saint Barbara, the Order of Saint Maurice and Saint George and was inducted into the Sergeant Audie Murphy Club.



Mr. Nate Palin

Director of Education, Soldiers to Sidelines

Nate Palin currently serves as the Director of Education for the reputable nonprofit Soldiers to Sidelines, overseeing "soldier coach" development. He also coaches, consults, and presents both tactical and organizational insight on behalf of his company, Any Given Day LLC.

Nate served as a leader in the 2nd Ranger Battalion for seven years prior to his transition to strength and conditioning. Over the course of five combat deployments in support of Operations Enduring and Iraqi Freedom, Nate experienced the military's performance shortcomings firsthand and observed the need for enhanced physical training to better support mission critical tasks.

He began his coaching career in 2010 as owner of The Movement Project LLC, an entrepreneurial personal training effort, then narrowed his focus to

tactical strength and conditioning as a performance specialist for EXOS in Washington, DC in 2012. Nate coached Special Operations Forces at Joint Base Lewis-McChord from 2015 to 2018 before leading the National Strength and Conditioning Association's (NSCA) Tactical program, where he co-authored Preparing for the Army Combat Fitness Test for Human Kinetics.

Nate was an adjunct professor for CalUPenn's graduate program in tactical strength and conditioning and briefly served as Director of Education for the FitOps Foundation before he collaboratively launched The Initiative in 2021, a physical and psychological health and performance collective that empowers military, fire and rescue, and law enforcement professionals through in person and remotely delivered educational platforms.



Colonel John R. Shipe

G3/5/7, 81st Readiness Division

COL John R. Shipe is a native of Jacksonville, FL. He graduated from Jacksonville University in 2001, and served as a Platoon Leader in the 351st Military Police Company in Ocala, FL. In 2003, COL Shipe deployed in support of Operation Iraqi Freedom, serving as a Platoon Leader and Iraqi Highway Patrol Project Officer in southern Iraq. Following redeployment from Iraq, COL Shipe assessed into the Active Guard and Reserve Program (AGR) and served as an Assistant Operations Officer and then as an Operations Officer for the 413th Civil Affairs Battalion in Lubbock, TX.

In 2008, COL Shipe was selected to take command of the 342nd Military Police Company currently preparing to deploy to Tikrit, Iraq. While deployed, his company partnered with, and trained and advised, Iraqi Police units in Salah ad Din Province.

In 2010, COL Shipe was accepted into the Army Congressional Fellowship Program. During his fellowship, he earned a master's degree in Legislative Affairs from George Washington University and served a year as the Military Legislative Assistant for Congressman Tim Walz and another year as a Congressional Liaison in the US House of Representatives. From 2013-2016, COL Shipe served as the Special Assistant for Personnel to the Assistant Secretary of Defense for Legislative Affairs. In 2016, COL Shipe was selected to serve as a Senior Strategic Planner for the Commanding General, US Army Reserve Command Action Group. Following this assignment, COL Shipe attended the US National

War College, where he earned a master's degree in National Security Strategy, with a concentration in Weapons of Mass Destruction studies. In July of 2019, COL Shipe assumed the role of Professor of Military Science (PMS) for the Highlander Battalion at Presbyterian College. Following his assignment as a PMS, COL Shipe assumed the duties of ACoS, G3/5/7, 81st Readiness Division, Fort Jackson, SC.

COL Shipe's military awards and decorations include the Bronze Star Medal, Defense Meritorious Service Medal, Meritorious Service Medal (two awards), Army Commendation Medal (two awards), Army Achievement Medal, Army Reserve Component Achievement Medal (two awards), National Defense Service Medal, Armed Forces Reserve Medal, Iraq Campaign Medal with three Bronze service stars, Global War on Terror Expeditionary Medal, Global War on Terror Service Medal, Army Service Ribbon, Overseas Service Ribbon, Joint Meritorious Unit Commendation, Meritorious Unit Commendation, Combat Action Badge, Parachutist Badge, OSD Staff Badge, and Army Staff Badge.

COL Shipe and his wife Kelli have two sons, Jacob (22) and John (15) and one daughter, Kinsley (12). COL Shipe is an avid sports fan and volunteers in a variety of capacities.



Chaplain (Major General) Thomas L. Solhjem

U.S. Army Chief of Chaplains

Chaplain (Major General) Thomas L. Solhjem became the Army's 25th Chief of Chaplains in May 2019. He leads the Chaplain Corps in providing religious support to the Army's Soldiers, their Families, and Civilians.

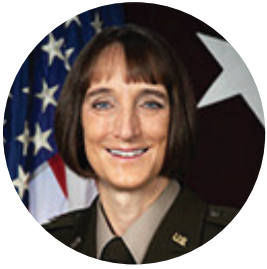
Chaplain Solhjem enlisted in the United States Army in 1974. After completing his initial active duty assignment at Bamberg, Germany, he continued his military service in the Army Reserve at Fort Snelling, Minnesota. While serving in the Army Reserve, he earned a Bachelor of Arts degree from North Central University, and then a Master of Divinity degree from Bethel Theological Seminary. He is an ordained Assemblies of God minister, and he served as a pastor in Minneapolis, Minnesota, for six years. In 1988, he was commissioned as a chaplain in the United States Army and reentered active duty.

Chaplain Solhjem's assignments as a chaplain include: Battalion Chaplain, 4th Battalion, 325th Airborne Infantry Regiment, 82nd Airborne Division, Fort Bragg, North Carolina (Deployed ISO Desert Shield/Storm); Battalion Chaplain, 1st Battalion, 508th Infantry Regiment, 193rd Infantry Brigade, Fort Kobbe, Panama; Battalion Chaplain, 1st Battalion, 75th Ranger Regiment, Hunter Army Airfield, Savannah, Georgia (Deployed ISO Operation Uphold Democracy); Installation and Brigade Chaplain, 1st Engineer Training Brigade, Fort Leonard Wood, Missouri; student in residence, Command and General Staff College; Deputy Division Chaplain, 2nd Infantry Division, Camp Red Cloud, Republic of Korea; Regimental Chaplain, 75th Ranger Regiment, Hunter Army Airfield, Savannah, Georgia (Multiple deployments ISO OEF/OIF); Command Chaplain,

United States Army Special Forces Command, Fort Bragg, North Carolina; Command Chaplain, Joint Special Operations Command, Fort Bragg, North Carolina (Multiple deployments ISO OEF/OIF on JTF); student in residence, Army War College, Carlisle Barracks, Pennsylvania; Command Chaplain, United States Special Operations Command, Tampa, Florida (Deployed ISO OEF); Command Chaplain, United States Army Forces Command, Fort Bragg, North Carolina; and Deputy Chief of Chaplains, Headquarters Department of the Army.

Chaplain Solhjem has numerous awards and citations, to name a few Legion of Merit (2OLC), Bronze Star (4OLC), the Combat Action Badge; the Ranger Tab; Master Parachutist Wings; and multiple Foreign Jump Wings.

Chaplain Solhjem has been married to the former Jill Walberg for 43 years. Tom and Jill are the parents of four children: BJ and his wife, Laurie, who have three daughters; Thad, ARNDNG, and his wife, Deanna; Sam, USAR, and his wife, Caitlin; and Beth and her husband, Andrew Gustafson, who have two sons and a daughter.



Brigadier General Deydre Teyhen

Commanding General, Brooke Army Medical Center

BG Deydre Teyhen received her Bachelor of Arts in Sports Science at Ohio Wesleyan University. She earned her master's degree in Physical Therapy from the U.S. Army-Baylor University, completed her Ph.D. in Biomechanics from the University of Texas, and earned her Doctor of Physical Therapy from Baylor University. BG Teyhen graduated with honors as a distinguished graduate from the U.S. Army War College with a master's degree in Strategic Studies.

Prior to assuming command of the Brooke Army Medical Center, BG Teyhen previously served as the Deputy Chief of Staff (Support, G-1/4/6) at the Office of the Surgeon General in Falls Church, Virginia. During the pandemic, she served as the Department of Defense Lead of Therapeutics for Operation Warp Speed at the U.S. Department of Health and Human Services and as the Commander for Walter Reed Army Institute of Research, the Department of Defense's largest biomedical research facility. She led infectious disease, brain, and behavioral health research efforts; including research to prevent, detect, and treat COVID-19. Previously, she commanded the U.S. Army Health Clinic Schofield Barracks, Hawaii. Her previous assignments include Assistant Chief of Staff, Public Health at the Office of the Army Surgeon General; Commander, Public Health Command Region-South; Deputy Director, Telemedicine and Advanced Technology Research Center at Fort Detrick, Md.; Associate Professor and Director of the Center for Physical Therapy Research for the U.S. Army Baylor University Doctoral Program in Physical Therapy on Fort Sam Houston, Texas; Officer-in-Charge of Task Force 10 Delta Med in Al Kut, Iraq; Chief of Musculoskeletal Care Center and Chief of Physical Therapy at Kimbrough Ambulatory Care Center, Fort Meade; Chief of Outpatient Physical Therapy at Walter Reed Army Medical Center, Washington, D.C.; Chief of Physical Therapy, 21st Combat Support Hospital in

Tuzla, Bosnia; and Physical Therapist at (then) Carl R. Darnall Army Community Hospital at Fort Hood, Texas.

BG Teyhen also serves as the 20th Chief, U.S. Army Medical Specialist Corps. She has spent her career focused on improving the delivery of healthcare, holistic health, and readiness (public health, musculoskeletal medicine, behavioral health, resiliency, imaging, and technology). Her research accomplishments include over 225 peer-reviewed publications, editorials, book chapters, and published abstracts; 120 presentations at conferences; and 150 invited lectures.

BG Teyhen's key military awards include the Defense Superior Service Medal, Legion of Merit (four Oak Leaf Clusters), the Army Medical Department Order of Military Medical Merit (O2M3), the Surgeon General's "A" Proficiency Designator, and the U.S. Army War College Commandant's Award for Distinction in Research. Key civilian awards include Catherine Worthingham Fellow of the American Physical Therapy Association, Dissertation Award from the University of Texas, the American Physical Therapy Association, Margaret L. Moore Award for Outstanding New Academic Faculty Member, and inducted into the Kinesiology and Health Education Distinguished Alumna Hall of Honor, University of Texas.



Dr. Andrew Thompson

Research Physiologist, U.S. Army Center for Initial Military Training

Dr. Andrew G Thompson currently serves as the Research Physiologist for the US Army's Center for Initial Military Training (CIMT) at Fort Eustis' Training and Doctrine Command. His position supports evolving the scientific process for transforming civilians into Soldiers and ensuring sustained force optimization through the Holistic Health and Fitness (H2F) System. As an interdisciplinary scientist, he develops, plans, coordinates, conducts, analyzes, and reports basic and applied research to enhance Soldier performance and readiness through improved training, education, and the translation of best scientific practices across the US Army DOTmLPF-P.

Andrew completed his B.S. focused on Biomechanics and M.S. in Exercise Physiology with Old Dominion University's Human Movement Sciences Department, then a Ph.D. concentrated on Motor Learning and Control in Auburn University's School of Kinesiology. After selection by the National Academies of Sciences, Engineering, and Medicine, he was awarded a dual appointment Postdoctoral Scholar position in Applied Cognitive Sciences as a Research Psychologist with the US Army's Natick Soldier Research and Engineering Center (now Combat Capabilities Development Center) and Tufts University's Center for Applied Brain and Cognitive Sciences. Following his post doctorate, Andrew served as the Senior Research Scientist for West Virginia University's Rockefeller Neuroscience Institute. He has executed extensive S&T R&D efforts with the US Army, Special Operations Command, the

Office of Naval Research, and Air Force Research Labs. His work ranges from the application of biomonitoring technologies in facilitating operational readiness, to identifying and mitigating susceptibility to musculoskeletal injuries, enriching training simulators with robust metric automation, developing cognitive mindset training for close quarters combat, and enhancing the measurements and utilization of data in the human performance lifecycle. Andrew's near-term efforts for CIMT will focus on developing a robust human performance data management system to enhance tactical athlete talent development and facilitate information-driven behavior change that holistically enhances the Soldier from recruitment, through training, deployment, and extending beyond their careers.



ABOUT TEAM GAP

Team GAP consists of industry leading companies within the human performance and cognitive performance fields. Our team provides elite human performance professionals to the military and professional sports teams across the globe.



Learn more about GAP by scanning the QR code or visiting www.gapsi.com.

ARMY HOLISTIC HEALTH AND FITNESS (H2F)

GAP Solutions is a seasoned prime contractor providing tactical certified Strength and Conditioning Coaches and Cognitive Performance Specialists to the United States Army Center for Initial Military Training's (USACIMT) H2F Program.



Team GAP takes great pride in knowing our elite human performance staff are increasing Soldier readiness by reducing injury rates, improving recovery time, and providing cognitive skills across nine Army installations. Our team looks forward to working with Army to expand the H2F footprint into new Army installations bringing more elite human performance professionals to Soldiers with our powerhouse recruiting capabilities.

CONTACT US:

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1109 Bravo

Chris Tedesco
502-836-6709
ctedesco@1109bravo.com

The Patented and clinically validated NeuroPak training system is a wearable neuromuscular device that intuitively cues the body to achieve correct postural alignment and balance, immediately improving performance and reducing the potential for injury. The first product of its kind in the human performance training category and a force multiplier to traditional training techniques, the NeuroPak was developed by U.S. Marine Veteran Chris Tedesco at a request by U.S. Special Operations to improve warfighter readiness.

5.11 Tactical

Tim Terry
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5.11 is the pioneer and world-leading maker of purpose-built gear. Grounded in the knowledge, experience, and insights of professionals and elite end users around the world, 5.11 makes technical products that really work. We design for life's most demanding missions, its toughest jobs, and its greatest ambitions. We build to the highest standards: battle-ready, field-tested, functional, comfortable, and lasting. We make gear engineered to work exceptionally and to empower and inspire those who tackle the toughest challenges head-on.

ADS, Inc.

Eric Staub
757-416-7576
estaub@adsinc.com

ADS is the world's premier equipment, procurement and support solutions specialist to the military, law enforcement, first responders and the defense industry. We are focused on solving your challenges through the largest product and service selection, the broadest array of procurement and contract options, and world-class support and logistics solutions.

Advanced Exercise

Pat ODell
240-925-8731
podell@advancedexercise.com

Advanced Exercise is a single-source GSA small business solution with access to top fitness brands, successfully satisfying the needs of military and federal agencies today and into the future.

Arena Innovation Corp.

917-310-5339
contact@goarena.co

ARENA is a completely portable robotic, resistance training device currently being utilized by physical therapists, medical professionals, and strength and conditioning coaches in the MLB and NBA. ARENA weighs 55lb, but generates up to 200lb of resistance and delivers a comprehensive Strength Report after every session.

Army Wellness Center

Samantha Melius
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We offer services to include body composition testing, metabolism testing, VO2 submax testing, stress management services, and health education classes.

BeaverFit

Bryan Studebaker
803-622-7225
bryan@beaverfitUSA.com

Your partner in Holistic Health and Fitness for the U.S. ARMY. BeaverFit, the leader in human performance solutions for the U.S. military, is helping U.S. Army commands and Units operationalize their H2F programs by creating world class training and performance environments to meet FM 7-22 requirements. From equipment to support the development of the Human Weapon System, to ACFT training and testing solutions, BeaverFit creates new and innovative ways to help Soldiers train for whatever they need to prepare for, wherever they need to train.

BetterUp**BetterUp**

Sam Armstrong
850-368-3836
sam.armstrong@betterup.co

BetterUp provides a holistic, evidence-based and scalable approach to human development to build cognitive, emotional and interpersonal skills needed to build and sustain resilience and readiness. Our approach, called the Whole Person Model, builds skills that behavioral science research shows as key drivers of wellbeing, performance and healthy organizational culture.

Blue Goji

Mark Urlage
978-618-7404
mark@bluegoji.com

Blue Goji's mission is to promote Embodied Health- by strengthening and unifying our physical, cognitive, mental, and social conditions. We will demonstrate our Embodied Gaming platform with 2 Espresso Bikes, a sample of VR/2D games, and some of our backend capabilities (e.g., connecting players in multi-player games and tracking performance & progress). We will also show a short video of Infinity in action, our flagship treadmill product.

BridgeAthletic, Inc.


Rob Hartman
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BridgeAthletic builds high-performance training tools for coaches and operators. The integrated BridgeAthletic platform leverages the power of technology to revolutionize the way coaches create, deliver, and track progress. BridgeAthletics' leading technology provides operators with an intuitive training interface and powers performance teams by improving efficiency, communication, and operator education.

CoachMePlus

Kim Dawidowicz
716-566-3019, Ext 102
kevin@coachmeplus.com

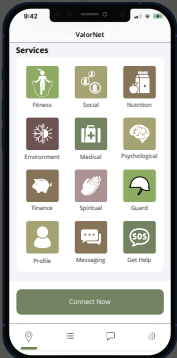
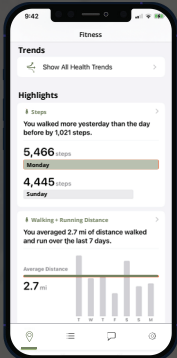
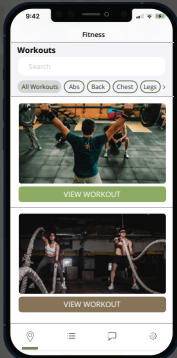
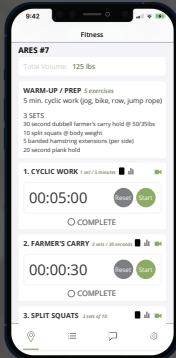
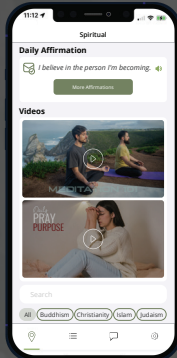
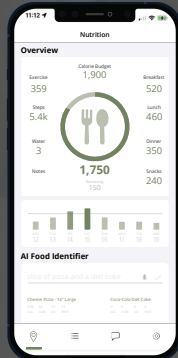
Selected as the H2FMS Phase IIe Extension, WP2 is a dynamic, customizable tool that allows military leadership to continually evaluate, adjust and optimize the training, performance, and readiness of military units.



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Cognito Systems, LLC

Kim Thomas
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thomas@resolutionthink.com

Cognito Systems, LLC provides staffing, recruitment, retention and human performance services to the military. CSL brings over 30 years of combined experience in providing mission critical solutions to Defense, Federal, Civilian and State Organizations. Our expertise lies in building the right team and in recruiting high-performing personnel to succeed in a diverse range of services at the most competitive rates. Cognito Systems LLC (CSL) is a Woman-Owned, SBA certified HUBZone, and 8(a) certified small business specializing in a variety of information technology, clinical, and human resources.

Conflict Kinetics

Alison Rubin
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Conflict Kinetics (CK) – Gunfighter Gym™ - proven leader in human performance optimization specializing in small arms simulation featuring in-depth data collection with optional biometric sensors. CK builds individual, squad & platoon level capability in lethality, survivability, decision-making under stress, and situational awareness. CK delivers cognitive dominance & physical mastery of one's environment and weapon system.

Consortium for Health and Military Performance (CHAMP)

J Russell Linderman
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The Consortium for Health and Military Performance (CHAMP) contributes to Warfighter mission readiness through Human Performance Optimization, Total Force Fitness, and dietary supplements education and training. Through the Human Performance Resources by CHAMP (HPRC) and Operation Supplement Safety (OPSS) programs, CHAMP provides evidence-based resources and best practices for readiness optimization.

CoreStrength1 Fitness System

Jaime Cameron
443-734-5644
Jaime@CoreStrength1.com

The CoreStrength1 Fitness System is a functional training system for all areas of fitness and wellness. It is deployable, mobile and highly durable. Up to 8 people can utilize it at the same time. Programming and training is available for all areas.

COSMED USA

Tim Mars
925-676-6002
tmars@cosmed.com

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Crossover Symmetry

Matt Unthank
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matt@crossoversymmetry.com

Crossover Symmetry offers comprehensive resistance band exercise programs to help athletes and individuals across various fitness levels reduce injury, optimize movement, and enhance performance. Their expertise merges strength and conditioning with physical therapy to support strong and healthy athletes.

DFND

Chris Carmichael
415-577-8573
chris@dfndusa.com

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DLA Troop Support (Construction & Equipment Supply Chain)

Jean'Shay Moore
267-643-1101
jean'shay.moore@dla.mil

Our goal is to inform Army customers and vendors that DLA Troop Support is the primary source of supply for the Army Combat Fitness Test (ACFT) Set. In addition, in ATP 7-22.01 (Holistic Health & Fitness Drills and Exercises) the manual has been updated to reflect: "The Defense Logistics Agency is the primary source of supply for ACFT component equipment. Army units can submit a unit-funded requisition into Global Command and Control System-Army to procure ACFT sets and components. All purchases and replacement equipment are at unit expense." We will display materials/information on procurement of the ACFT.



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OPERATIONALIZING HOLISTIC HEALTH + FITNESS

THROUGH HUMAN PERFORMANCE SOLUTIONS

**THE LEADERS IN OUTDOOR TRAINING SOLUTIONS
AND THE #1 SUPPLIER OF HUMAN PERFORMANCE
EQUIPMENT TO THE U.S. MILITARY**

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information at sales@beaverfitusa.com



DripDrop Hydration

Greg Sumerlin
503-309-9819
greg.sumerlin@dripdropors.com

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Electromedical Products International Inc

Tonja Trammell
980-327-0788
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Alpha-Stim® is a handheld, prescription medical device that is FDA cleared to treat acute, post-traumatic, and chronic pain, along with anxiety, insomnia, and depression. Proven fast, safe and effective by more than 100 clinical trials over 42 years.



FN America

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The FN VictoR™ is an opto-electronic camera-based computer system and software used with a fire arm with a picatinny rail to provide fundamental marksmanship skill improvement and enhanced operational capabilities. Our products incorporate the latest generation on-board CPU capable of running machine learning algorithms that fits into a standard flashlight-compatible holsters. Our software allows data gathering, analysis, and comprehensible output that assists with marksmanship training, predicting qualification abilities, and forensic reconstruction of real-world training.

GAP Solutions

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GAP Solutions, Inc. has provided full spectrum support services to over 50 customers for 20 years. We proudly support the US Army on numerous missions and are the prime contractor on the H2F program where Team GAP provides certified Strength and Conditioning Coaches and Cognitive Performance Specialists to nine installations.

Hammer Strength

Tim Ghilain
815-954-8444
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Hammer Strength was founded in 1989 by Gary Jones. With ingenuity, and input from the Cincinnati Bengals and Elite Athletes, he developed strength training machines that simplified the biomechanics of lifting weights while matching machine movement to human motion. Today, Hammer Strength's rugged performance strength training equipment is the most durable on the market and is designed to withstand the most intense environments. Our portfolio of equipment includes heavy-duty racks and rigs, benches, sectorized equipment, cable motion, self-powered cardiovascular products and a wide variety of accessories for endless training possibilities. All of Hammer Strength equipment is tested to exceed industry standards, ensuring that it can hold up to years of even the most intense training programs.

Hologic Inc.

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David.Lockhart@hologic.com

Hologic is a global medical technology company specializing in women's health and well-being. We offer innovative solutions for screening, detecting and treating conditions and diseases that affect women throughout their lives, including breast, gynecological and skeletal issues; cervical cancer testing; and sexually transmitted diseases. As a science-driven company, our products are backed by clinical evidence, ensuring that they perform as intended, so healthcare professionals can have greater certainty in their decisions and patients, greater peace of mind.

Hypori

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Hypori is transforming secure access to data from the edge. From national security level intel to commercial IP, Hypori protects enterprise data by preventing data at rest or in transit outside the enterprise. Hypori is a veteran-owned business headquartered in Reston, VA.

Kelvi

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jbrooks@kelvi.com

The Kelvi Pro is a digital cooling, heating, and contrast therapy device that does not require ice, water, or other liquid solutions.

KORR Medical Technologies

Trever Lojka
801-898-2520
tlojka@korr.com

Made in the USA and developed for NASA, CardioCoach provides elite testing of cardiovascular fitness with intuitive software and instant results. VO2 Max testing elevates standards for combat readiness with personalized physiological biomarkers, including AT, AeT, metabolic rate and VO2 Max. Learn more at www.KORR.com.

Leidos

Patrick Walsh
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patrick.m.walsh@leidos.com

For nearly four decades, Leidos has been working with the U.S. military to support the performance, resilience, and wellness of Service members. We help prepare members for success before, during, and after deployment and provide them, their families, and Veterans with preventive and treatment services to guard their physical and behavioral health. Our programs start with multiple types of research, from basic lab science to field research, informed by rigorous studies based at the level of cells, individuals, populations, clinics and communities. We conduct our research in all environments, from extreme battlefield conditions to time spent relaxing with family, from the harshest places on earth to the local supermarket. And we consider every aspect of the problem, in and out of active duty, and during every type of transition in the life cycle.

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BetterUp provides a holistic, evidence-based and scalable approach to human development capable of building cognitive, emotional and interpersonal/social skills needed to build and sustain resilience and readiness within the military.

Our outcomes.

+20% Growth in **cognitive skills** **+49%** Growth for those who start out low

+14% Growth in **emotional skills** **+46%** Growth for those who start out low

+11% Growth in **social skills** **+47%** Growth for those who start out low

Growth with 4 months of BetterUp

Our solution.

BetterUp's digital human transformation platform is powered by science and technology and includes a comprehensive suite of evidence-based assessments to pinpoint strengths and growth opportunities, and the most diverse stack of coach-led and digital experiences to support personal and professional growth such as:

- **Virtual Coaching** – Professional; Executive; Mental Fitness; Sleep; Nutrition; Career Growth; Resilience; Communications; Grief; Diversity, Equity and Inclusion
- **Studio Workshops** – Flow, Prioritization, Change Leadership, Creativity, Stress Management, and more
- **Digital Learning** – Robust digital library of on-demand content across Whole Person™ dimensions



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Magellan Federal

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Magellan Federal inspires healthier, more productive communities by delivering innovative, total well-being solutions to the Federal Government, military personnel, government employees, and families. Our Military Friendly® and a Top Workplaces USA designations reflect our commitment to service. Visit us to learn about our services or how to join our team.

Moth+Flame

Nick Cottrill
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Moth+Flame is an award-winning technology company specializing in enterprise-grade immersive learning products. Powered by Natural Language Processing, the level of interactive realism is unrivaled. In partnership with leading subject matter and content experts, the company's PromiseVR and READY VR training platforms offer innovative and adaptive learning programs for technical and cognitive-based training.

Movella

Adam Thamel
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Adam.Thamel@movella.com

Kinduct Human Performance Platform and the GX scale, powered by Movella enable clients across professional and D1 athletics to drive human performance optimization with data. Designed in partnership with Gatorade, the GX scale tracks body composition while generating hydration recommendations to reduce injury in training environments like NFL training camp.

North American Rescue

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864-293-2468
mwestra@narescue.com

A premier innovator of medical/rescue equipment designed to save lives in the prehospital environment, North American Rescue leads the way by increasing survivability through tailored, mission-enabling healthcare solutions that counter the rapidly evolving threats of the 21st century.

Office of the Chief of Chaplains

John Bennett
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The U.S. Army Chaplain Corps promoting Spiritual Readiness.

PLAE

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erica.clemons@plae.us

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Polar Electro Inc

Dan Browne
503-332-3921
dan.browne@polar.com

Polar heart rate sensors, GPS watches and the Team Pro group solutions monitoring system. Our solutions help organizations and teams train consistently at the optimal levels, facilitate quicker recovery, and improve the long-term resiliency and readiness of your units.

POWER LIFT®

Power Lift

Jeff Conner
641-757-1328
j.conner@powerliftusa.com

Power Lift is a leading manufacturer in creating functional, strength training equipment that is customizable, stands up to harsh use taking place under demanding circumstances, and ultimately, creates a strength and conditioning experience like no other equipment out there. After more than two decades, our goal remains the same. It's about process, and it's about people.

The Quick Board

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901-826-2551
kevinmartin@thequickboard.com

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Rachael Jackson
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rachael@revapp.me

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Brian Schroeder
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Jeremiah Runser
260-433-6651
jeremiah.runser@sandboxx.us

Sandboxx is a mobile app that guides you through your military journey – giving you access to career content, recruiter communication, lifestyle utilities and more.



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Danny Langton
919-349-4259
dlangton@tacticalfitnessgsa.com

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Nate Lazenga
574-904-4994
nlazenga@taycbrace.com

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Tricia Sterland
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ValorNet, LLC

Demetrius Walton
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ValorNet is a fully customizable mobile app-and-web-based technology ecosystem with holistic solutions focused on mental health, resiliency, performance, and crisis intervention. Designed for the armed forces and veterans, the ValorNet platform offers an array of tools targeted at holistic health while providing immediate access to help during a crisis, making it a vital companion for our troops.

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Steven Kendrick
541-743-4135 x4135
skendrick@westernshelter.com

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Brandon Soleau
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