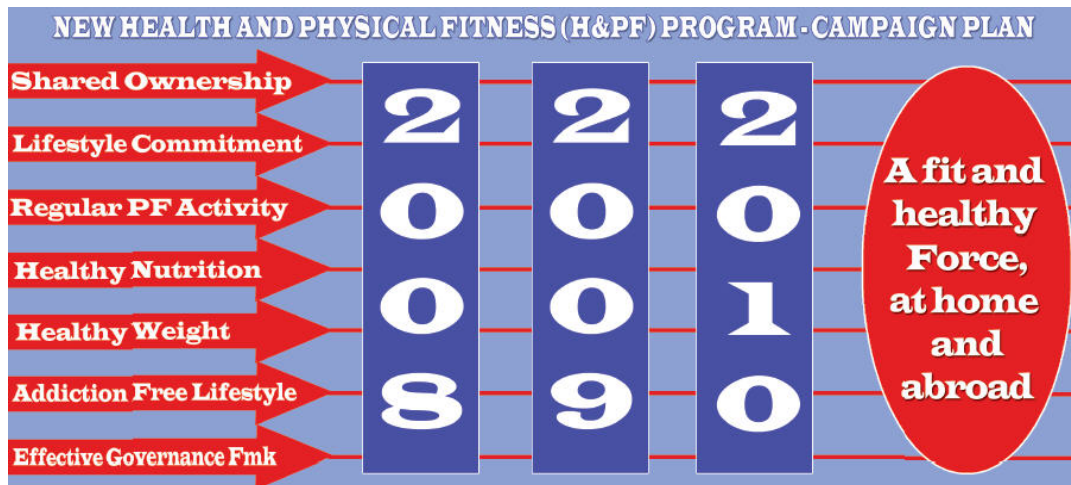


Health and Physical Fitness Campaign Plan

Achievement of the strategic goal will be accomplished through the implementation of plans developed in support of seven lines of operation.



Shared Ownership

The Chain of Command will be responsible for ensuring widespread awareness of healthy lifestyle behaviour and physical fitness. The member will also be held accountable for their health and physical fitness.

Releasing the H& PF Strategy, establishing a CF Champion at a local level, providing resources and programs to support the Chain of Command for both able and disabled members will be areas of focus within this line of operation. In addition implementing remedial measures for unfit members will be looked at over the upcoming years.

Lifestyle Commitment

The CF will facilitate the adoption of a lifelong healthy lifestyle. This will also ensure CF Health Promotion and Fitness programs are sustainable on a long-term basis and reflect gender differences as well as age.

Regular PF Activity

An emphasis around regular physical fitness activity through provision of time will be in the forefront of this line of operation. A focus around creating

programs and standards in support of regular physical fitness activity will take place. Providing on-going and accurate CF population monitoring and feedback of physical activity will also be implemented.

Healthy Nutrition

The chain of command will be accountable for promoting a healthy lifestyle and raising awareness about the contribution of healthy living to overall fitness and health. The member will be supported in increasing their nutrition knowledge and awareness. In addition the strategy will look towards increasing the proportion and availability of healthy food choices provided to CF personnel in Canada and abroad.

Healthy Weight

This will mean an emphasis on promoting healthy weights and raising awareness about the contribution of healthy weights to overall fitness and health. The chain of command will have some responsibility for developing and implementing policies and programs to support healthy weight. The provision of on-going and accurate CF population monitoring and

feedback of weight and important behavioural factors (physical activity, diet, smoking, injuries) will also be implemented.

Addiction Free Lifestyle

Increasing awareness among CF personnel regarding the importance of effective coping skills and choosing a lifestyle that is within reasonable limits, and that includes avoidance of harmful substances in order to optimize health, fitness and operational effectiveness.

Effective Governance

The implementation of the CF Health and Fitness strategy through key guiding documents, an ARA framework and committee structure, oversight, awareness campaign and reporting.