

VANGUARD PERFORMANCE CENTER

**QUARTERLY NEWSLETTER: 4TH QTR
FOCUS- "PREVENTION"**



Inside this issue

- Meet the New Members of the VPC Team
- VPC Facility Updates
- Quarterly Focus: Prevention
- Upcoming Events



Volume 2
JUL/AUG/SEP 2022

"VANGUARD – Always Forward"





SFC Michael Imada
5SFAB MEO Advisor

“Hello everyone! My name is SFC Michael Imada, I’m the Brigade Military Equal Opportunity Advisor. I’m originally from Oregon, and I’m incredibly excited to be back in the great Pacific Northwest! My educational background is in accounting: I have a Bachelor’s and Master’s degree in the field. In my free time you’ll typically find me reading a book, going for a run, or hiking.”



“Hello Vanguard Fam! I’m CPT Marlisa Overton— your new Physical Therapist! I joined 5th SFAB in June 2022. I’m excited to be joining this awesome and highly motivated team and can’t wait to work with you all. Consider me your go-to for musculoskeletal injury evaluation and rehab. I’m here to help you manage your injuries, improve your mobility, get you stronger, and optimize your performance so that you’re ready for anything 5SFAB and life throws at you. Outside being a PT you can find me adventuring outdoors to include mountaineering, rock climbing, biking, and sailing. Swing by the Vanguard Performance Center any time and chat with me!”



CPT Marlisa Overton
5SFAB Physical Therapist



SFC Brenda Porto
5SFAB SARC

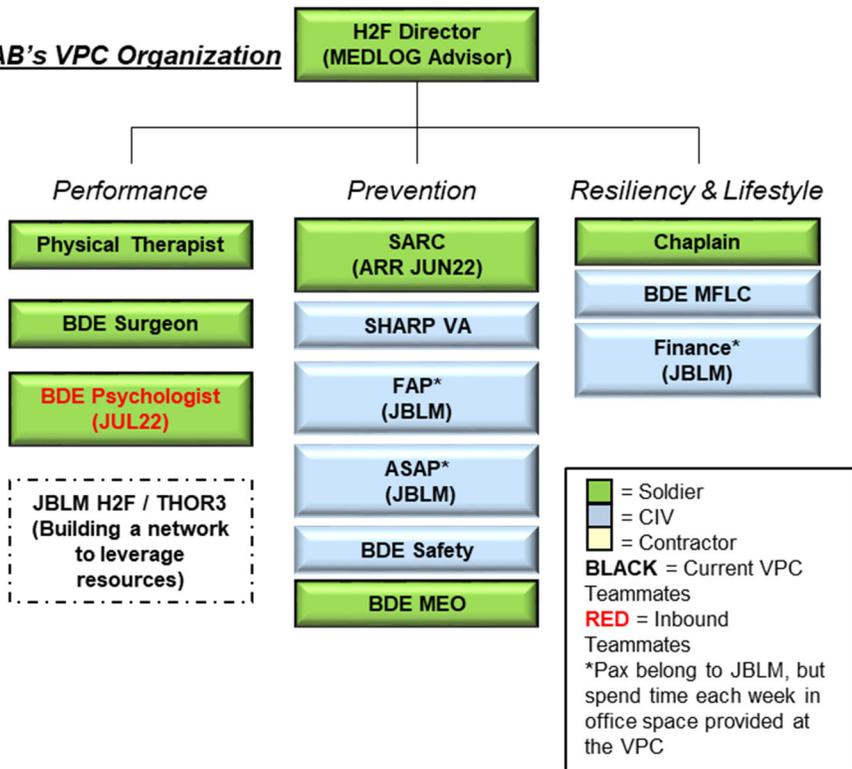
“Hello everyone! I am SFC Brenda A. Porto I am the 5th SFAB Sexual Assault Response Coordinator (SARC). I have been involved with the SHARP Program for 8 years as a Victim Advocate or SARC. The SHARP Program is something that is near and dear to my heart. I have seen the great work it has done for our community and how it has evolved. I have been with the unit for 2 and a half years and am glad to be spending the remainder of my time in 5th SFAB as the BDE SARC. I love spending time outdoors with my family, so if you have any good recommendations please swing by and let me know. “

Our H2F team is dedicated to providing the highest standard of care, resources, and training. Look out for more to come Advisors

“VANGUARD – Always Forward”



5SFAB's VPC Organization



WHO WILL YOU FIND UNDER THE VPC UMBRELLA?

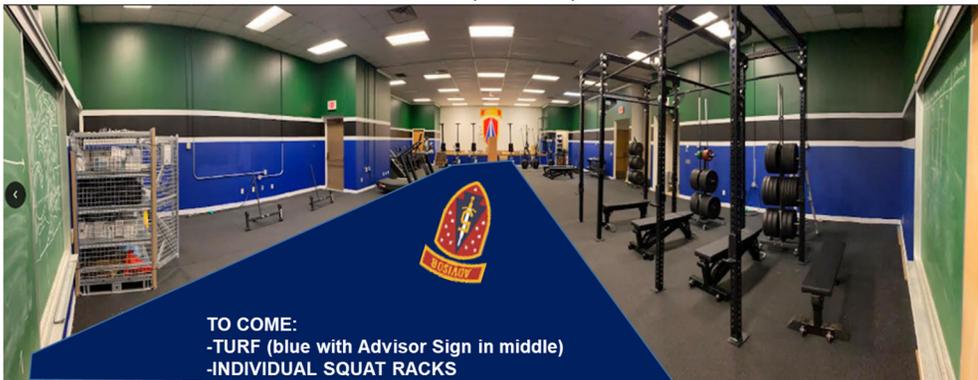


VANGUARD PHYSICAL READINESS ROOM



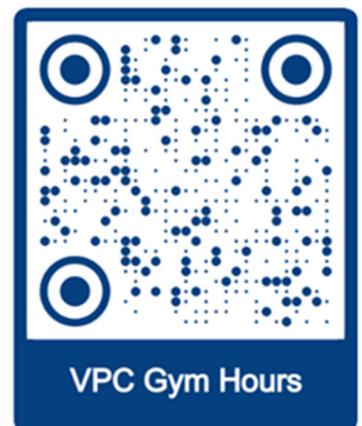
BEFORE

AFTER (ON-GOING)



TO COME:
 -TURF (blue with Advisor Sign in middle)
 -INDIVIDUAL SQUAT RACKS

USE QR CODE TO FIND OUT MORE ABOUT UTILIZATION



ON-GOING CLASSES:

- Mindfulness Yoga: 2nd and 4th Wednesdays 1130-1230 begins 13JUL22
- Review of Dead Lift and Back Squat: 1st and 3rd Tuesdays 1230 – 1330 with CPT Overton and/or CPT (P) Jordan begins 02AUG22
- Review of Pose Method of Running: 2nd and 4th Tuesdays 1230 – 1330 with CPT Overton begins 09AUG22

“VANGUARD – Always Forward”



-FAILURE TO PLAN IS PLANNING TO FAIL**SPIRITUAL**

"As a Chaplain, I have all kinds of concerns come into my office. I see soldiers and dependents go through depression, pain, addiction, injury, grief, and just general dissatisfaction with life. One characteristic that I see in many of those whom I counsel is a failure to plan for the future. Many of us spend very little time focused on where we are going. I counsel people daily who are so overwhelmed with their current situation that the measure of success is simply to finish the day. For many of us, "react to contact" becomes how we regularly operate. This reactionary living leads to a state of no direction or goals. We then wonder why we feel like we are just spinning aimlessly through life."

*Chaplain (MAJ) Drew Billingsley
5SFAB Chaplain*

2-STEP APPROACH TOWARD SUCCESS**STEP 1:**

Establish a destination. Ask yourself, "Where do I want to be in 30 days? 90 days? One year?" If those are hard questions for you to answer then you are just "reacting to contact" every day. Once you make these goals it does not mean that you are committed to those destinations. We always have the flexibility to change course; however, it is not a course change if there was no course to begin with.

STEP 2:

Start walking. We need to take one step at a time. We must also look for easy wins at first. Set a course and then ask yourself, "What is the first step toward this goal?" Today, set a course and start walking. Remember that your pace is not nearly as important as your direction.

**NUTRITION****HOW TO PREVENT BRAIN DECAY: FUEL UP!!!**

Like an expensive car, your brain functions best when it gets only high quality premium fuel. In such, eating high quality foods that are rich in **vitamins, minerals, and antioxidants** nourishes the brain and protects it from oxidative stress (the waist-free radicals produced when the body uses oxygen which can damage cells). When and if your brain is forced to run on inferior fuel, it cannot perform to its highest potential. Refined sugar (donuts, cookies, candy, ice cream), for example, can lead to impaired brain function, inflammation, and can even cause depression.

Jim Kwik's (author of "Limitless") Top 5 Brain Foods:

- 1) **Avocados:** Mono saturated fat that helps maintain health blood flow
- 2) **Blueberries ("BRAINberries"):** Protect the brain from oxidative stress, reduce the effects of brain aging, and boost memory
- 3) **Broccoli:** Great source of vitamin K known to improve cognitive function and memory
- 4) **Eggs:** Provide memory improving and brain boosting choline
- 5) **Green Leafy Veggies:** Good sources of vitamin E to decrease brain aging and folate known to improve memory

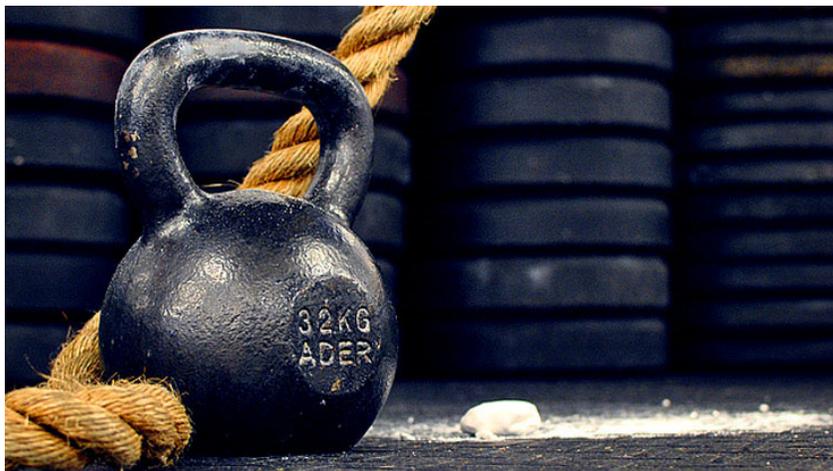


*CPT James Jordan
5SFAB VPC Director*

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PHYSICAL



MSK INJURY PREVENTION

Chances are you've experienced a musculo-skeletal (MSK) injury at some point in your military career, perhaps even within the last year. Being injured is never fun, and while the VPC has a team of professionals that can help you manage these injuries, wouldn't it be great if you never had to deal with them in the first place?

So what are some things YOU can do to help lower your risk of MSK injury?

Take a look at the list below to see if you could benefit from making a change in any of these areas. A lot of these are behavioral changes that many of our H2F team can assist with if you need help!

MODIFIABLE RISK FACTORS

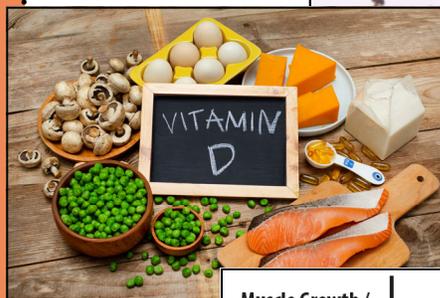
SMOKING: smoking is associated with a 27-71% increased of MSKI

BODY COMPOSITION: obesity (BMI ≥ 30 kg/m²), being overweight (BMI ≥ 25 kg/m²), being underweight (BMI ≤ 18.5 kg/m²), and having high body fat percentage all place you at higher risk of MSKI

LOW PHYSICAL FITNESS: low physical fitness has an increased relative risk of 2.34 for MSKI

TRAINING VOLUME: high amounts of training during unit training is considered an increased risk factor for MSKI

LOAD CARRIAGE: body-borne load is also considered a modifiable risk factor for MSKI. Ensure you are implementing an appropriate load carriage/ ruck progression



Muscle Growth / Performance Improvements



TRAINING VOLUME



CPT Marlisha Overton
5SFAB VPC Physical Therapist



4TH QRT VPC EVENTS

*VPC NOW HAS **OPEN GYM**: MON-FRI 0830-1130

*VPC NOW HAS **MINFULNESS YOGA**: 2ND & 4TH WEDNESDAYS @ 1100-1200

***MEO**: JBLM Freedom Run. (Not free, sign-up at JBLMraces.com) [View Event :: JBLM Freedom Run :: Joint Base Lewis-McChord :: US Army MWR](#)

***Family Advocacy Program**: Offering prevention & education classes, including workshops to strengthen Family relationships using education, information, and referral.

JUL22



Register for classes online at JBLMFamilyAdvocacy.timetap.com



Women's Mentorship Program: "Women's Health"

Who: 5TH SFAB Vanguard Performance Center (VPC) Team (in collaboration with MAMC Pediatrics, MAMC Physical Therapy, New Parent Support Program, and pending AWC).

What: Conducts a Woman leadership/mentorship symposium focused on women's health

When: 31AUG from 0900-1200

Why: Promote health and holistic fitness and educate our formation on women's health in the military

Where: VPC located at BLDG 3328 3RD DIV DR, JBLM WA 98433

***MEO**: 26AUG is Women's Equality Day

AUG22

Suicide Prevention Month: Ran by JBLM ASAP

SUICIDE PREVENTION MONTH 2022

Who: JBLM ASAP

What: September Suicide Prevention / Resiliency Event

When: September 7th 2022 0900hr – 1400hrs

Where: Cowan Stadium

Why:
 Training for Suicide Prevention & Awareness Month on Resiliency Day in September, resulting in heightened awareness of resources and reduced stigma. Units will be able to sign up in one or more squad sized elements to:

- Practice **teamwork** and reinforce **personal resilience**
- Participate in activities demonstrating how compiling problems can become an unbearable weight to carry.
- Collect resources which demonstrate how these burdens can be alleviated.
- Meet therapy dogs & their trainers

SEP22



***MEO**: 15SEP-15OCT is National Hispanic Heritage Month



****NOTE**** Points toward Commanders Cup for highest BDE attendance!

VPC PREVENTION TEAM				
	DAY	TIME	LOCATION	APPT NUMBER
ASAP (Mr. Krause)	MONDAY	0800-1630	BLDG 3328 OFFICE 109	Waller 253-967-5777, VPC 253-966-2168
Financial Readiness (Ms. Coffey)	TUESDAY	0900-1600	BLDG 3328 OFFICE 109	Waller 253-966-2244, VPC 253-966-2168
Family Advocacy (Ms. Hoiden)	WEDNESDAY	0800-1630	BLDG 3328 OFFICE 109	Waller 253-968-0044, VPC 253-966-2168



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