







# STRENGTH - NUTRITION - RESILIENCE





# Why TWR



Tactical Warfighter Readiness (TWR) offers an innovative, evidence-based approach to enhancing individual resilience and readiness, ensuring you are equipped to tackle today's challenges and dominate future conflicts.

This program will sharpen your skills in strength, conditioning, nutrition, and mental toughness, empowering you to thrive in high-stress environments and redefine what it means to be combat-ready.





# TWR Timeline



- ❑ **Command USS OAKLAND Triad Brief** – May 27th, 2025
- ❑ **Welcome Letter to participants-** Participants list by June 2, 2025. Letter sent to participants by June 4, 2025.
- ❑ **TWR Course–** June 10,11,12, 2025 (0730-1630)
- ❑ **Command Triad Out brief** Present pre-assessment results and recommended sustainment phase- Week of June 23, 2025.
- ❑ **Sustainment Phase-** Will be discussed during out-brief
- ❑ **90 Days or more post assessment-**Date TBD



# TWR TEAM



A.J. Manalo



Christa Alston



Derek Seiler



April Vasquez



Erick Lopez



Talia Carrasquillo



Jennifer Steinberger



Fred Hatashita



Shannon Blair



Eddie Pryor



Max Paat



Zane Zimmermann





# Pre-Assessment



## ☐ Resilience Personal Inventory

- ☐ Done at the beginning of the day before any facilitation has occurred
- ☐ Approximately 5-10 minutes
- ☐ Reflect on current resilience strengths and identify areas of potential growth

## ☐ Fitness Battery Assessment

- ☐ Administered throughout the course
- ☐ Functional Movement screening to identify any pain or limitations that must be addressed immediately which may lead to future acute and chronic injuries
- ☐ Body Composition Assessment to provide precise measurements of body fat percentage, lean muscle mass, hydration levels, and overall body composition
- ☐ Physical Fitness Assessments used to evaluate essential components of mission readiness including core stability, muscular strength/endurance, aerobic/anaerobic cardiovascular endurance, as well as correct posture/balance, all of which prepare the sailor to perform not only emergency situations, but also everyday activities involving pushing, pulling, lifting, and carrying. The ability to perform these assessments correctly and efficiently will allow for the mitigation of injuries amongst our sailors.
- ☐ Identify current dietary habits and understanding of nutrition.



# Fitness Battery Grading Scale



## **Body Fat %**

- 3 Points: Excellent Category
- 2 Points: Good Category
- 1 Point: Average, Below Avg, Poor

## **50 Yard Farmer's Carry 100%BW**

- 3 Points: 50 yards
- 2 Points: 25-49 yards
- 1 Point: 24 yards and less

## **Functional Movement Screen**

- 3 Points: 19-21 total points
- 2 Points: 15-18 total points
- 1 Point:  $\leq 14$  total points

## **300 Yard Shuttle**

- 3 Points: 55-59 seconds
- 2 Points: 60-64 seconds
- 1 Point:  $\geq 65$  seconds

## **2 Minute Hand-Release Pushup**

- 3 Points: 100-90 points
- 2 Points: 80-89 points
- 1 Point:  $\leq 79$  points

## **Overall TWR Score**

- Above Average: 13-15 total points
- Average: 10-12 total points
- Below Average:  $\leq 9$  total points



# Tactical Warfighter Readiness Course Agenda



## Peak Performance Fitness

- Movement Compensations & Predicting Injuries
- Pillar & Movement Preparation
- Plyometrics
- Speed, Agility, Quickness
- Strength, Lifting & Compound Movements
- Energy System Development
- Regeneration & Recovery

## Performance Nutrition

- Identifying Patterns: Creating a Food Log
- FAD Diet
- Meal Planning and Eating Out
- Meal Building
- Nutrition and Mental Health
- Dietary Supplements
- Food Labels
- Cooking Demo

## Resilience

- Stress Resilience
- Mindfulness & Meditation
- Living Core Values
- Cognitive Flexibility Skills
- Problem Solving & Team Building
- Healthy Connections
- Leadership & Inclusiveness
- Build Toughness & Resiliency
- Recognize Warning Signs
- Resources





# Tactical Warfighter Readiness Sustainment Elements



## Physical Fitness

- Body Transformation Training
- Restoration Session (Yoga Fusion)
- Aquatic Strength Training
- Energy System Development
- Functional Movement Screen –Corrective Exercise Practice
- Speed and Agility Workout

## Mental Health

- Four Lenses
- Effective Communication
- Conflict Resolution
- Time Management
- Building Effective Ager Management Skills
- Stress Resilience
- Mindfulness & Meditation
- Flexibility
- Mission-oriented Problem Solving
- Core Values
- Connections

## Nutrition

- Nutrition Counseling and Communication
- Performance Nutrition
- Evaluation Nutrition Research and Media
- Sustainability and Nutrition
- Nutrition for Special Populations



# Post-Assessment at 90 days



## ☐ 90 days Resilience Checkpoint

- ☐ Approximately 5-10 minutes
- ☐ Evaluating ongoing application and effectiveness of resilience techniques and strategies learned
- ☐ To be emailed to all participants w/follow-up text to remind them to participate

## ☐ 90 days Fitness Battery Assessment

- ☐ Reassess individual in **Bio-impedance**, **Functional movement screening** and **Fitness Battery test** to compare pre-assessment results to current conditions for achieved improvements.
- ☐ Identify strength and weaknesses and provide further recommendations in tailored fitness programs for command and individual Sailors.
- ☐ Identify new dietary habits and reinforce healthy choices.



# Command Fitness Battery Roster

Roster	Body Fat %	300 Yard Shuttle	50 Yard Farmer's Carry (100% Bodyweight)	2 Minute Hand-Release Pushups	Functional Movement Screen	Overall TWR Score	Overall TWR Score
IS3	3	1	3	1	1	9	Below Average: 5-9 total points
QM2	2	3	3	3	1	12	Average: 10-12 total points
CS1	1	1	3	1	1	7	Below Average: 5-9 total points
OS2	1	3	3	3	2	12	Average: 10-12 total points
MC2	2	3	3	3	2	13	Above Average: 13-15 total points
Lt.	3	2	3	3	1	12	Average: 10-12 total points
HM2	2	3	3	3	2	13	Above Average: 13-15 total points
ABH	1	3	3	3	1	11	Average: 10-12 total points
STG	1	3	3	2	2	11	Average: 10-12 total points
HM2	2	2	3	3	2	12	Average: 10-12 total points
CS1	3	2	3	3	2	13	Above Average: 13-15 total points
OS2	2	3	3	2	2	12	Average: 10-12 total points
HM1	2	3	3	2	2	12	Average: 10-12 total points
ABH	1	2	3	2	2	10	Average: 10-12 total points
Pilot 1 Average	1.92	2.46	3.00	2.46	1.62	11.46	Average: 10-12 total points

Overall Command Score

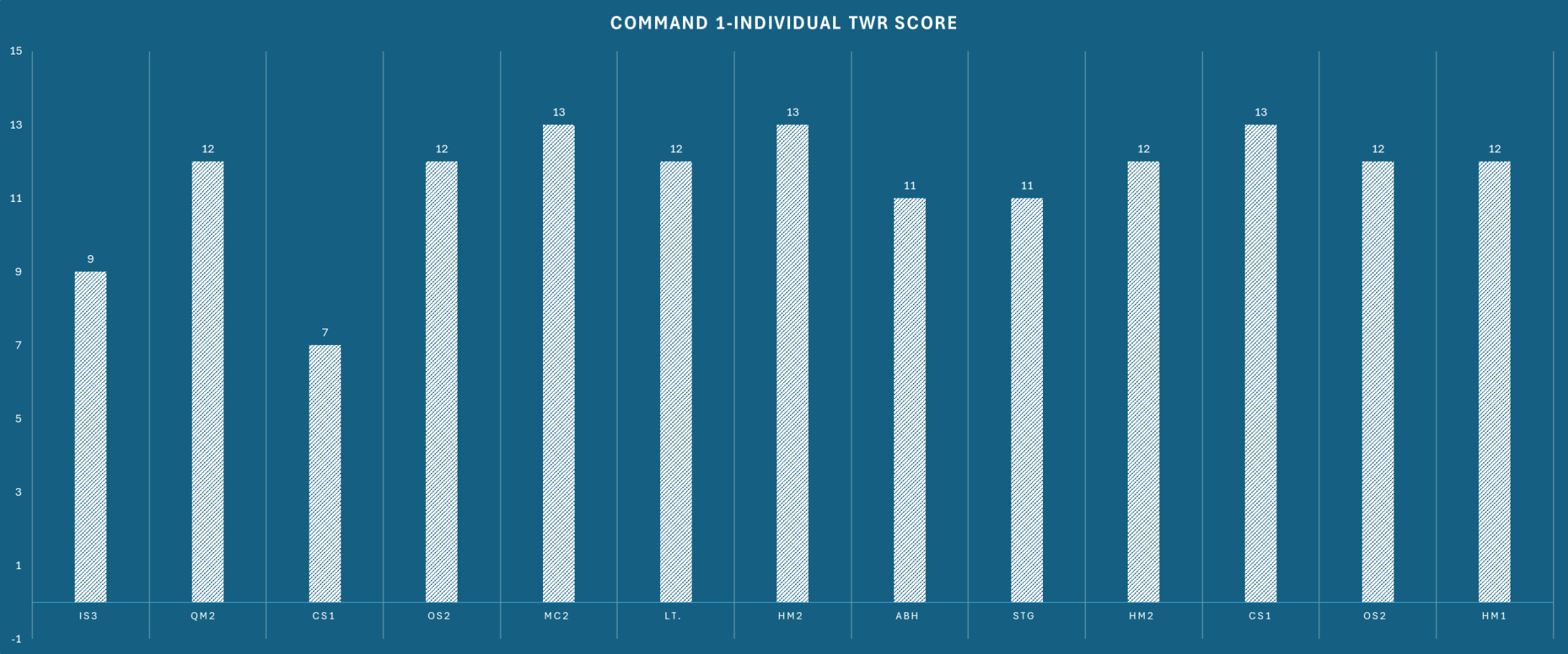
11.45

(Average)



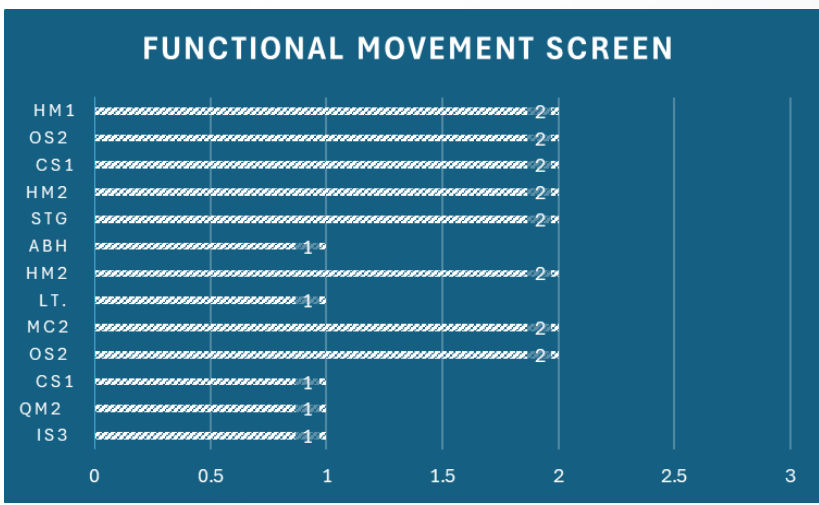
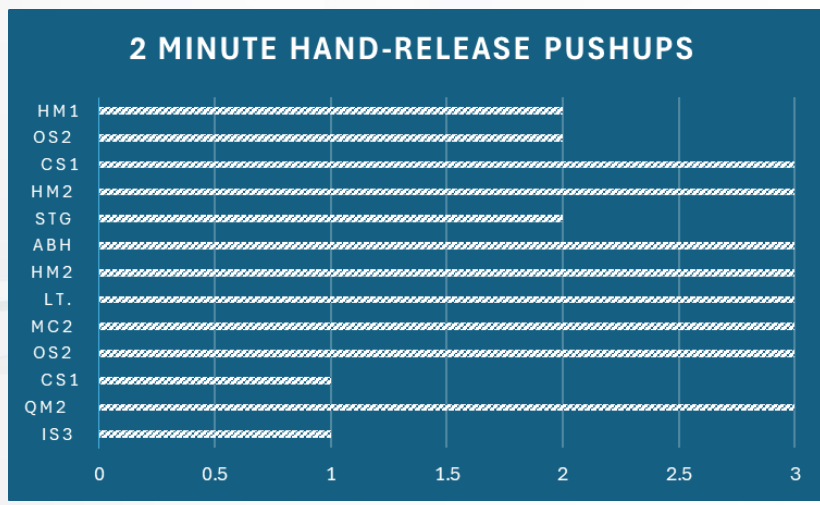
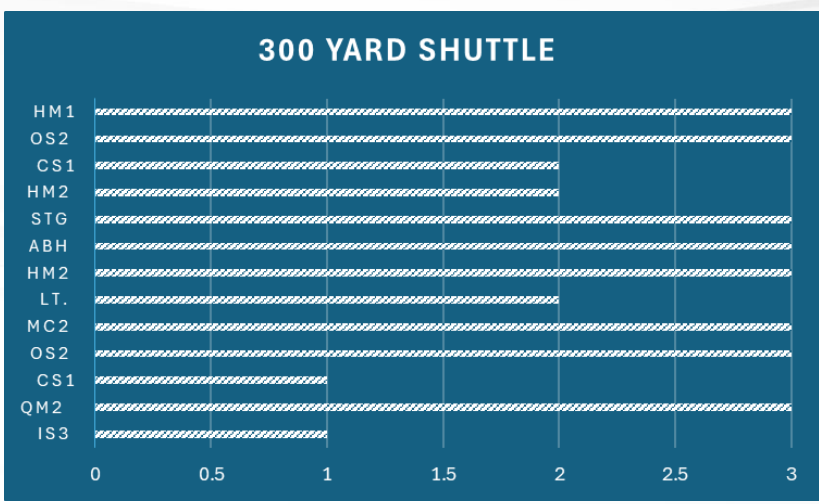
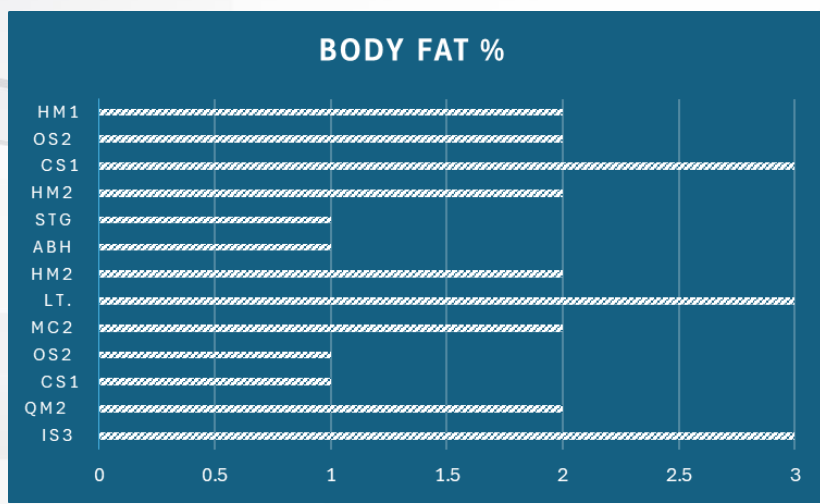


# Overall Individual Fitness Battery Scores



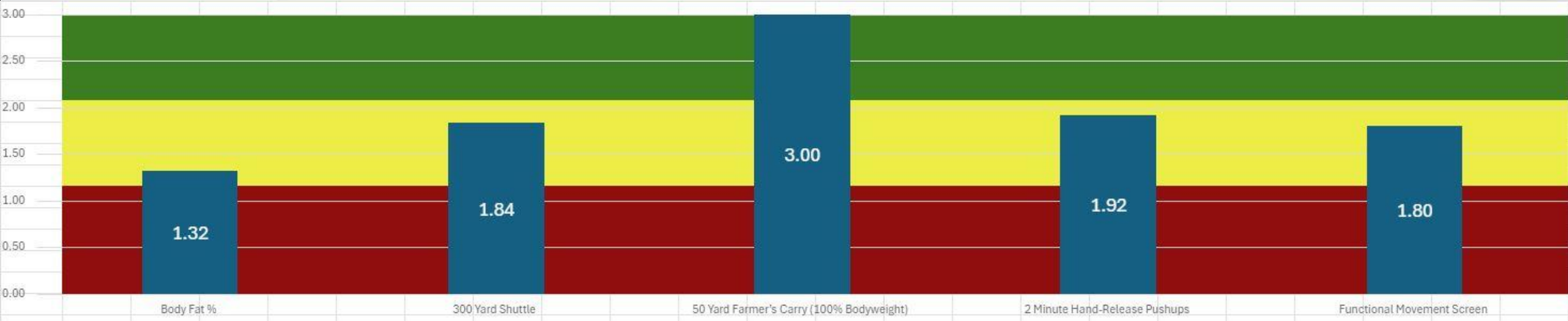


# Command Battery Data





# Overall Command Battery Assessment







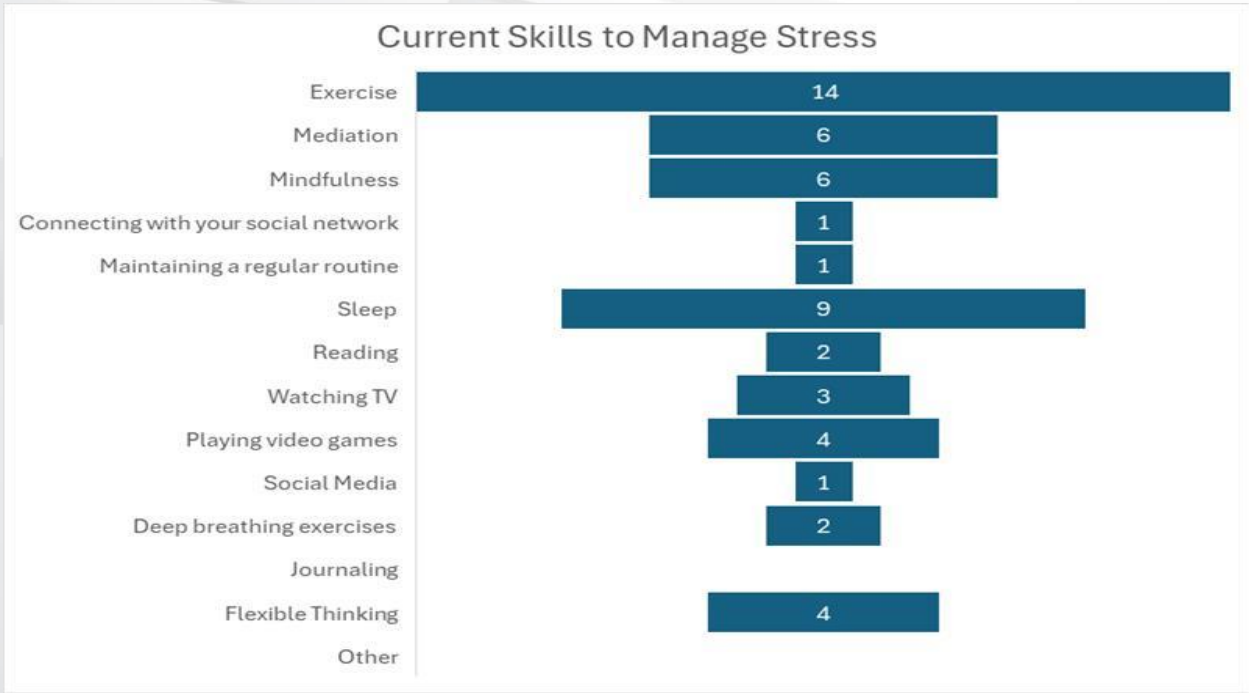
# Resilience Knowledge Checks Summary

<u>Topic</u>	Pre	Post	Change
Identifying Core Values	4.45	4.83	9%
Using Core Values	4.36	4.82	11%
Core Values Conflict	4.3	4.8	12%
ID Stressors	4.4	4.7	7%
Skills to Manage Stress	4.4	4.5	2%
ID Concepts of Mindfulness	4.1	4.7	15%
Practice Meditation	4.2	4.6	10%
Mindfulness/Mediation Confidence	3.9	4.6	18%
Recognizing when Stress Affects	4.1	4.5	10%
Understand/Apply Flexible Thinking Skills	4	4.7	18%
<b>Managing Stress with Flexible Thinking Skills</b>	<b>3.6</b>	<b>4.7</b>	<b>31%</b>
Problem Solving Skills	3.9	4.5	15%
<b>Effectively Using Problem Solving Skills</b>	<b>3.7</b>	<b>4.5</b>	<b>22%</b>
Comfort Reaching Out	4.2	4.7	12%
ID Social Support	4.5	4.7	4%
ID Professional Support	4.3	4.7	9%
Recognize Communication Styles	4.1	4.4	7%

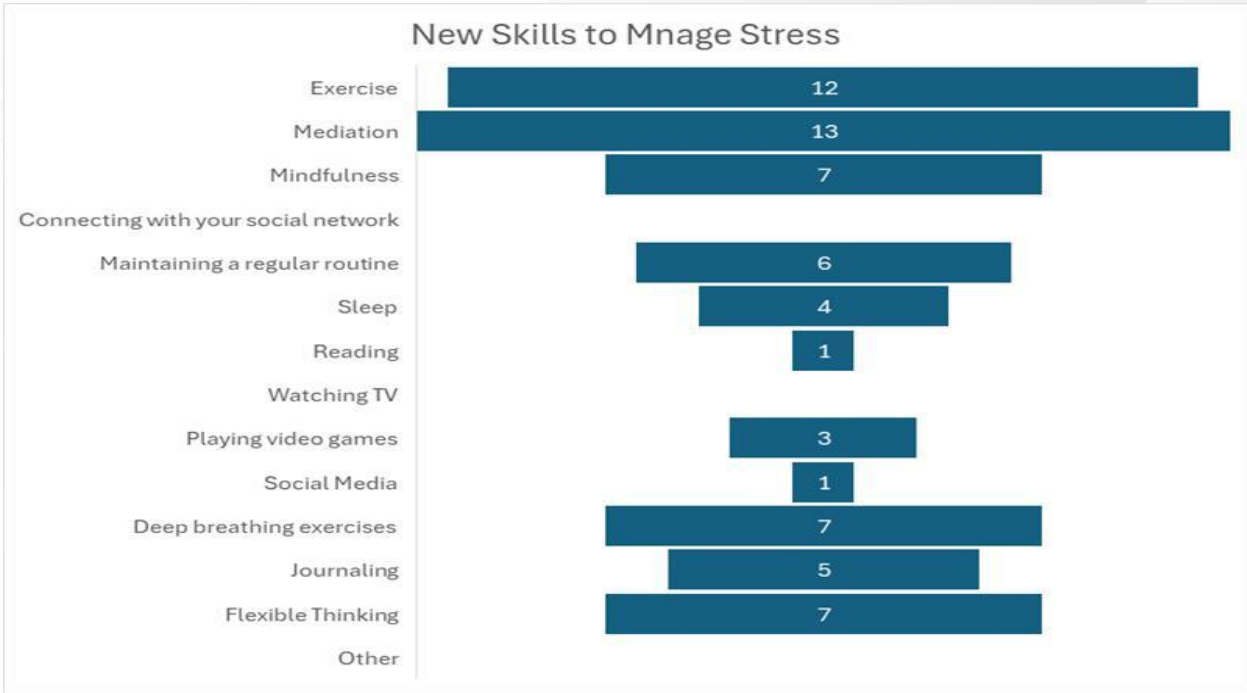


# Stress Resilience Knowledge Check Results

**Pre Knowledge Check:**  
What skills and strategies do you currently use to manage your stress (Select all that apply)



**Post Knowledge Check:**  
What new skills and strategies do you plan on applying to manage your stress (Select all that apply)



The data reveals a positive shift in the stress management strategies participants plan to implement following the course. Notably, there is a significant increase in the intention to use methodologies taught in this course such as **meditation** (+7), **deep breathing exercises** (+5), **journaling** (+5), and **flexible thinking** (+3). Responses also indicate more passive coping strategies, such as **watching TV** (-3) and **playing video games** (-1), are less likely to be used moving forward.

**This suggests that the course has effectively encouraged a shift from passive to more mindful/reflective/active stress management techniques.**



# Command USS OAKLAND next steps...



- ☐ Provides participants list by June 2, 2025.
- ☐ Date for the out-brief in the week of June 23, 2025
  - ☐ We will discuss results of pre-assessment and 3 days course and provide recommended for the Sustainment Plan to command
- ☐ Be prepared to provide:
  - ☐ Days for sessions with TWR team (recommended at least once a week)
  - ☐ Provide a control group of about 30 Sailors for only assessment on a different day.
- ☐ Provide post-assessment Date (one day) after the Sustainment phase of 90 days.