

# Resiliency & Nutrition are the Foundations for Leader Readiness

## Resiliency & Nutrition are the Foundations for Leader Readiness

USAWC resident students, faculty, staff, and families were treated to first-class presentations on the latest recommendations for health nutrition and resiliency. This educational program serves as the basis for senior leaders at the USAWC to gain the knowledge on individual health awareness and well-being to help them succeed at the next level.

Dr. Tom Williams, USAWC Strategic Leader Resiliency Program director, discussed resiliency as an instrument for leaders to “fix” themselves within the rigorous USAWC educational program. The program began with an inquiry posed to the Surgeon General of the Army in the early 1980s about the health of senior Army officers after the untimely death of Col.Arthur Stang. Strategic Leader Resiliency is an investment in the individual, starting at the top with its senior leaders. .

The key to maintaining a healthy outlook is to, “Exercise regularly while mitigating the risks in life as we get older, as the average age of a resident student is 45 and is more susceptible to developing health issues,” according to Williams. The program alleviates the demands felt by senior leaders through more energy, stamina and fitness.

“People come here to get right,” Army student Col. Ed Callahan says of the Army War College year. This resonated with all students as the majority is coming from the operational environment into an educational setting for the first time in 10 years. The leadership and resiliency programs here present the opportunity for students and families to reset and commit to their well-being. Ultimately, this will help improve the overall state of mind in preparing them for the challenges in the next phase of their careers.

Dr. Williams reviewed some key attributes to sustain a resiliency plan:

- Adapt
- Commit
- Set goals & Never give up
- Shift the mindset
- Self-Awareness
- Self-Regulation
- Maintain a Leader Presence

### Basic Nutrition for a Healthy Lifestyle

When thinking about good nutrition, sticking to the basics instead of the pricier food alternative is what’s best for

your body.



Dr. Leslie J. Bonci is the director of Sports Nutrition at the University of Pittsburgh Medical Center for Sports Medicine and a nutrition consultant for numerous organizations to include the Pittsburgh Steelers. Her focus centered on what people put into their bodies and nutritional value.

Several students talked about the timing of the resiliency presentations as a foundation for the academic year ahead. “They help balance the

physical, mental and spiritual elements” Col. Bob Davel reinforced that these programs as students start the academic year. Lt. Col. Lawrence Stewart offers that both of the programs, SLRP and nutrition, “are tools that are offered to handle stress.”

Dr. Bonci stressed that an even distribution of food and fluid intake throughout the day. When it comes to nutrition, stick to the basics and avoid buying extremely expensive superfoods that offer much less in overall nutritional value, she said. “Be selective about what you choose to eat,” said Bonci. “At the end of the day we want balance as it optimizes health that is controlled by you and to know what we add in and take away from our diets.”

Dr. Bonci offers nutritional recommendations to maintain a healthy eating lifestyle:

- Meal consumption should consist of 2/3 high carbohydrates and 1/3 protein
- The only way to truly energize the body is through calories
- Daily fluid consumption – Men (100 fl oz); Women (74 fl oz)
- Daily alcohol consumption – Men (2 drinks); Women (1 drink)
- Stop eating is about 90 minutes before going to bed
- Create your own “hydration station”
- Eat fish 1-2 times per week as it decreases the risk of cardiac death in healthy adults by 42-50%.

Dr. Bonci recommends avoiding:

- Supplementing ingredients in your diet but rather go for the real thing
- Consuming more than the daily recommended daily intake of caffeine
- Energy drinks as the caffeine to sugar content varies greatly
- Consuming too many sports drinks throughout the day as they are only intended to be used during vigorous activities
- Enhanced water as they prove to be both expensive and not worth the nutritional value
- Alternative milk like almond milk offer more calories but again is expensive and offers less

protein/serving (1g) than skim or low fat milk (8g protein/serving)

U.S. Army War College Archives - News Article - 18 August 2015