



16 Wing and CFB Borden Present: CHIEFS' READINESS CHALLENGE

a MIND•BODY **BATTLE READY** initiative



January 2026 Wellness Topic: Movement, Resilience and Winter Wellness

Winter in Canada brings unique challenges for CAF members, from harsh weather conditions to demanding operational environments. This month's theme, Movement, Resilience, and Winter Wellness, emphasizes the importance of staying active, maintaining mental toughness, and prioritizing health during the colder season.

Regular movement supports physical readiness and injury prevention, while resilience strategies help manage stress and maintain focus in dynamic situations. Winter wellness practices—such as proper nutrition, hydration, and self-care—ensure all CAF members remain mission-ready and energized.

By embracing these principles, we strengthen both individual and collective performance, no matter the season!

Track your daily/weekly/monthly activities to help build healthy habits that contribute to your health and wellbeing.



Monthly Calendar

Micro-Coaching Sessions:

- Exploring or Re-visiting your Goals for 2026

In-Person
Date/Time/Location: TBD (more to follow)

Wellness & Fitness Activities:

30 Jan : 1200-1245hr - Golf Course
Snow Shoe or Cross Country Ski

Base Events:

19 Jan: MBBR- *Battle the Blues*
• Spin-a-thon
or
• Arctic Ops Challenge

For more info on *Battle the Blues* and to Registers, visit:



Health Promotion Events/Courses:

13 & 15 Jan: 0830-1200hr
Essential Nutrition

23 Jan: 1000-1130hr
Fundamentals of Healthy Sleep

26 & 27 Jan: 0830-1600hr (day 1), 0830-1200hr (day 2)
Alcohol, Other Drugs, Gaming and Gambling Awareness
(Supervisors Course)



Micro-Workout Menu

A micro-workout consists of a minimum of 3 minutes of planned and sustained effort consisting of aerobic, strength-based, balanced focused activities, or combination thereof.
Ex. push-ups, abdominal exercise, air squats, pull-ups, climbing stairs, plank, leg raises, etc.

Desk Power Minute

- 12 desk push-ups
- 12 chair squats
- 12 calf raises
- 30 sec 1 leg stand

Repeat x 2

Team Relay

- In teams of 3-4, compete to complete the following, as fast as possible:
 - 10 jumping jacks

Burpee Burner

- Burpee Countdown
 - 5, 4, 3, 2, 1
 - 10 second break between

24H
24-Hour Movement
Guidelines



Canada's Food Guide



CF Member Assistance
Program (CF MAP)



CFB Borden Essential
Resources - Aide Memoire





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CHIEFS' READINESS CHALLENGE



Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL
Sleep 7+ hours (1 pt)																																
Read 30+ mins (1 pt)																																
Drink 2-3+ L of water (1 pt)																																
Walk/jog/run 7000+ steps (1 pt)																																
Maintain a well-balanced diet (1 pt)																																
Complete 5+ micro-workouts (1 pt)																																
Abstain from consuming alcohol, nicotine, cannabis* (1 pt)																																

*unless medically prescribed

Weekly Habits

HABIT	Week 1	Week 2	Week 3	Week 4	Week 5	TOTAL
Kms jogged or run (1 pt per)						
150 Minutes of moderate to vigorous* aerobic physical activity/ week. Ex. swimming, ruck march, biking, HIIT training, team sports, etc. (10 pts)						
3 + Muscle strengthening activities using major muscle groups (10 pts)						

Monthly Habits

HABIT	TOTAL
Participate in 1+ team sport activity (10 pts)	
Volunteer in 1+ community or military community event (20 pts)	
Read 1+ complete novel/book (10 pts)	

*You are breathing faster/heavy, but not completely out of breath, and may start sweating in only a few minutes.



Participate in Battle the Blues (200 pts)	
Revisit or Establish 2026 Goals (100 pts)	



Attend a Health Promotion Course (25 pts)	
Participate in an HP micro-coaching session (15 pts per)	
Participate in a Winter Wellness PT Activity (50 pts)	