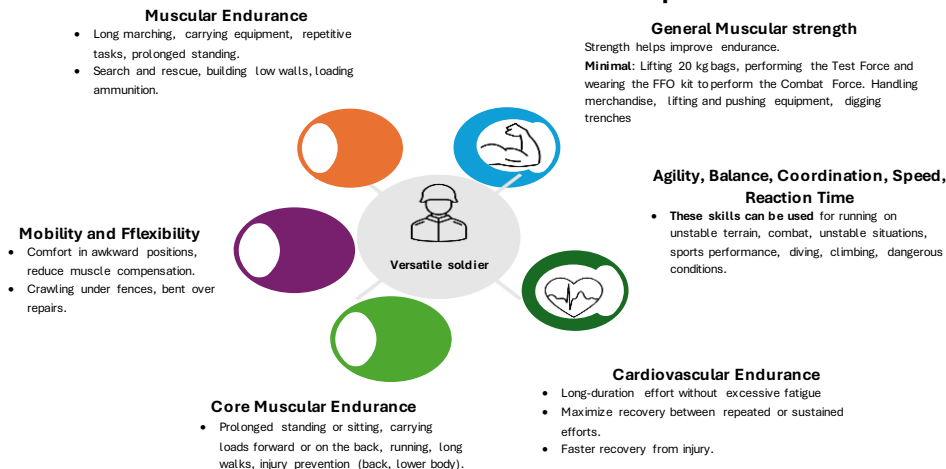


## Checklist for planning safe physical activities QEL

Objectives of the checklist:

- To review the theoretical content of the leadership qualification offered by Fitness and Health Promotion.
- To train members to apply safe and effective training principles, for themselves and their troops, in order to promote group progression and complete courses without injury.

### Physical skills of a versatile and operational soldier



### Training principles

#### Specificity

The body adapts to what is asked of it.

#### Overload

You need to do a little more than usual to progress.

#### Progression

Gradually increases intensity or duration.

#### Reversibility

You lose the skills you have trained quickly if you stop (after 2 weeks).

#### Maintenance

You can maintain what you have learned with less volume if the intensity is maintained.

#### Individuality

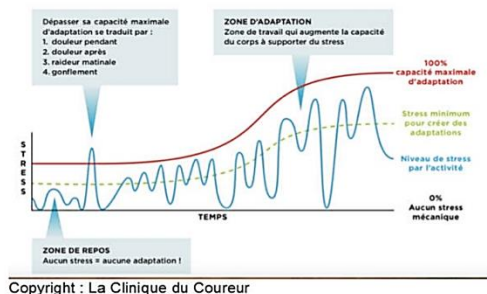
Everyone reacts differently to the same program.

#### Rest

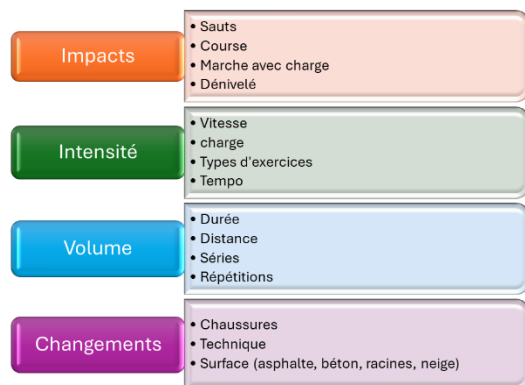
Essential for improvement. Adaptations take place after exercise.

## Modulating Load/Overload

The body adapts when the applied stress (load) exceeds the adaptation threshold, but remains below the maximum capacity of tendons, bones, muscles and cartilage.



Stress factors influencing training load:



\*\*\* Only one of these factors should be modified at a time to avoid overloading the body. Do not forget that everyday stresses such as lack of sleep, mental load, illness or conflict also affect the ability to tolerate mechanical stress.

## Periodization





Diversify your activities, alternating high and low impact:

**Goal:** At least 3 high-impact exercises per week





**Intensity:** only a few activities at PE 5/10 +.

**Ex:** Cardiovascular activity: 20% intense (5/10+) VS 80% low intensity (- 4/10)

### High-impact days :

-  Running
-  Jumps
-  Changes of direction
-  Walking with load
- Sports: basketball, soccer, field hockey deck

### Low-impact days:

-  Swimming
-  Weight training
-  Cycling
-  Elliptical

## Structure of an activity week aligned with versatility and operability







1. 2 or more cardiovascular endurance activities
2. 2 or more total muscle activities
3. Abdominal stability almost every day
4. Mobility and massage 1 day / 2
5. Alternate high and low impact

## The importance of recovery

Rest is the key to progress, especially after intense effort.

The most effective strategies:

-  Quality of sleep
-  Balanced and sufficient diet.
-  Active rest: 20-30 minutes light
-  Avoid using the same muscle groups for 24-48 hours after exercise if you have muscle soreness.

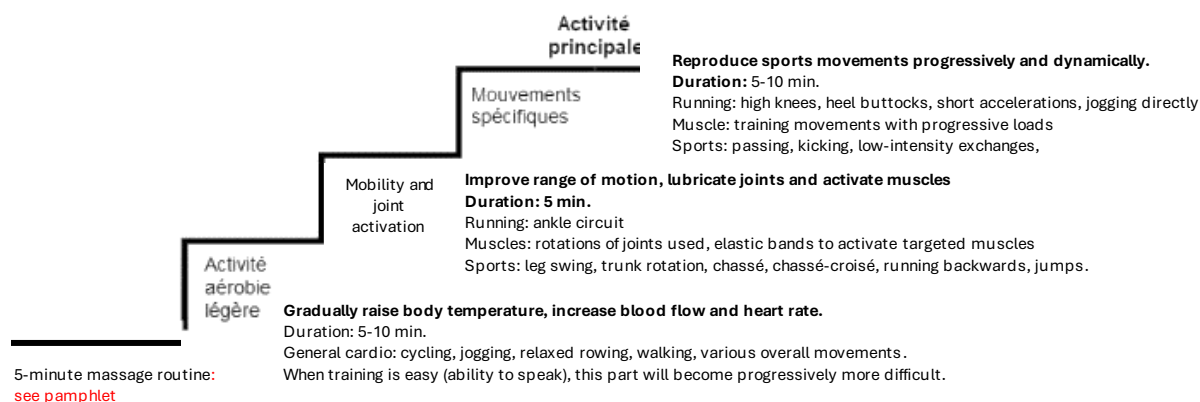
## Muscle Soreness

- Indicates that you have exceeded your comfort zone
- Normal, but should not be sought at all costs for every activity.
- Useful for muscle growth. Too frequent, and with insufficient recovery, they can impair the quality of other activities and increase the risk of injury.

To distinguish muscle soreness from injury

	COURBATURE	BLESSURE
<b>Sensation</b>	Raideur/ Grande tension musculaire Difficulté à déplier un membre Douleur au toucher Douleur diffuse	Plus souvent les articulations et tendons Pincement ou Coup de couteau Enflure Rougeur, chaleur Douleur précise
<b>Effet</b>	Diminution de l'amplitude, de la force	Diminution de l'amplitude et de la force, peur de mettre du poids
<b>Moment de la douleur</b>	Au mouvement seulement	Constante et douloureuse
<b>Apparition</b>	12 à 24h après l'effort – sauf si crampes	Immédiatement après l'exercice
<b>Durée</b>	Résolu en 2-5 jours Intensité décroissante	Douleur stable ou qui augmente dans les jours qui suivent – durée variable
<b>Symétrie</b>	Souvent des 2 côtés	Souvent d'un seul côté
<b>Suite à l'échauffement</b>	S'améliore	Persiste généralement
<b>Soulagement</b>	Étirement, massage et chaleur	Repos, glace, médicament

## Warm-up



## Adapting Exercises

Choose an appropriate level to help you progress or stay in shape.

### Risks of an unsuitable level:

- Muscular compensation
- Poor execution.
- Risk of injury.

### Practical advice:

There is no such thing as a bad exercise. However, poor execution or an inappropriate level of exercise can lead to injury and demotivation.

Suggest alternatives:

- No impact
- With less amplitude
- No load
- Based on an effort time rather than repetitions or range of repetitions

## Maintain a neutral back position

### Advantages:

- Maintains natural curvatures (lumbar and cervical) reduces strain on ligaments, joints and muscles.
- It optimizes overall muscle contractions and prevents back injuries.

**Movements to avoid:** repeated flexion and extension, twisting in lumbar flexion

Russian twist	Back extension on Roman bench	Superman	Full sit-up
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**CAUTION:** Repeated flexion extension of the spine (such as the full sit-up) can damage discs and increase the risk of injury, especially if the neutral back is not maintained. In groups, it is difficult to guarantee their safety (risks VS benefits). If you are on your own, it is best to be supervised and vary your exercises.

For a guide to military backpack fitting. Click here for more information: \_\_\_\_\_



## Managing a running group

*"Running is essential for some specific jobs, but for the majority of members, walking with a load is better suited to their needs."*

### Various rhythm groups:

-  Walk-jog
-  Jog
-  Fast jogging

### Integration options:

-  Training circuit combining running and other exercises
-  Short-distance running loops

### Accordion technique:

-    Faster runners come back to help slower runners at set times

## Mobility training

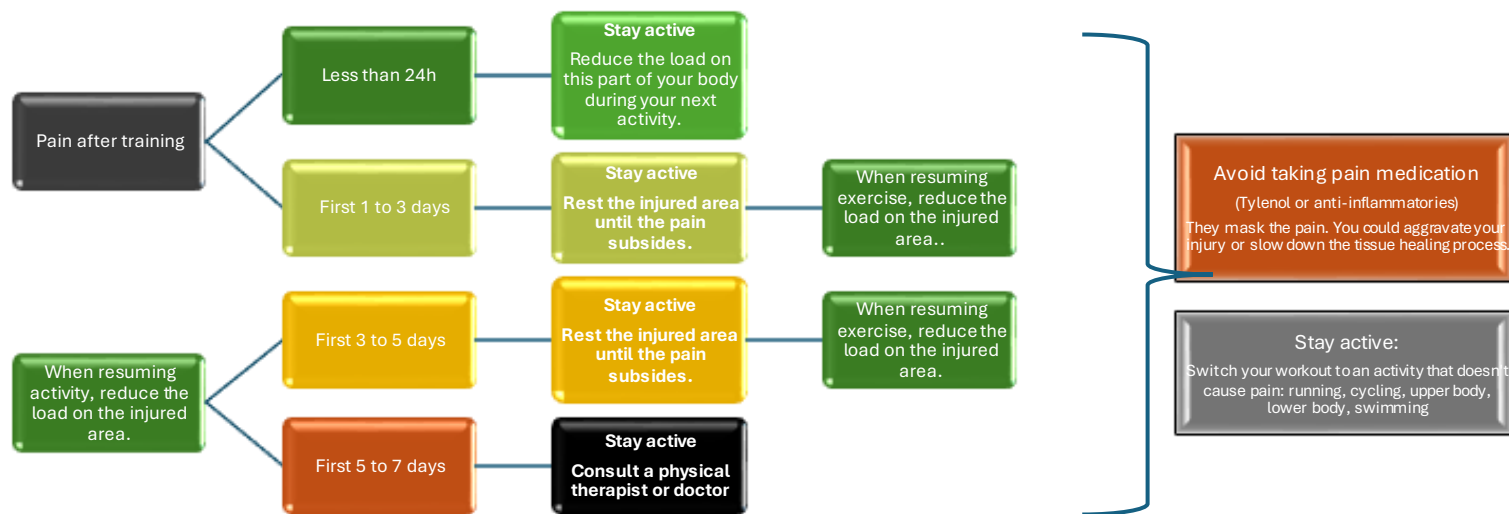
Although mobility training is low intensity, it is of great value in a training week. Incorporate it into your warm-up or cooldown routine. Recommended methods include self-massage, yoga and stretching.

### The benefits of self-massage:

- Increases joint amplitude, improving flexibility and movement.
- Reduces the perception of aches and pains, offering greater comfort.
- Activates blood circulation and is a good way to start warming up.
- Promotes relaxation, contributing to overall well-being.

To learn more about self-massage, consult the dedicated pamphlet on the SBMFC website: [link](#)

## What to do in the event of injury



### Consult an adapted fitness specialist if:

- You have recurring muscular tension, but it doesn't interfere with your daily routine.
- You cannot keep up with the unit's training.
- Pain appears only during training.

To register as a volunteer candidate at Valcartier: **QR code**

### Consult a fitness instructor if:

- Your training stagnates
- Fatigue accumulates
- You have a specific military objective.

Waiting list for a training program at Valcartier: **+Fitness@Svc Ops@Valcartier**

### Consult a health promotion specialist:

- You want to acquire concrete tools in injury prevention, nutrition and sleep to optimize your recovery.
- You want to better manage your stress, emotions and consumption (alcohol, substances, etc.).
- You want to quit smoking or vaping.

To request a conference or register for our courses in Valcartier: **+Svc Ops Health Promotion Valc@Svc Ops@Valcartier**