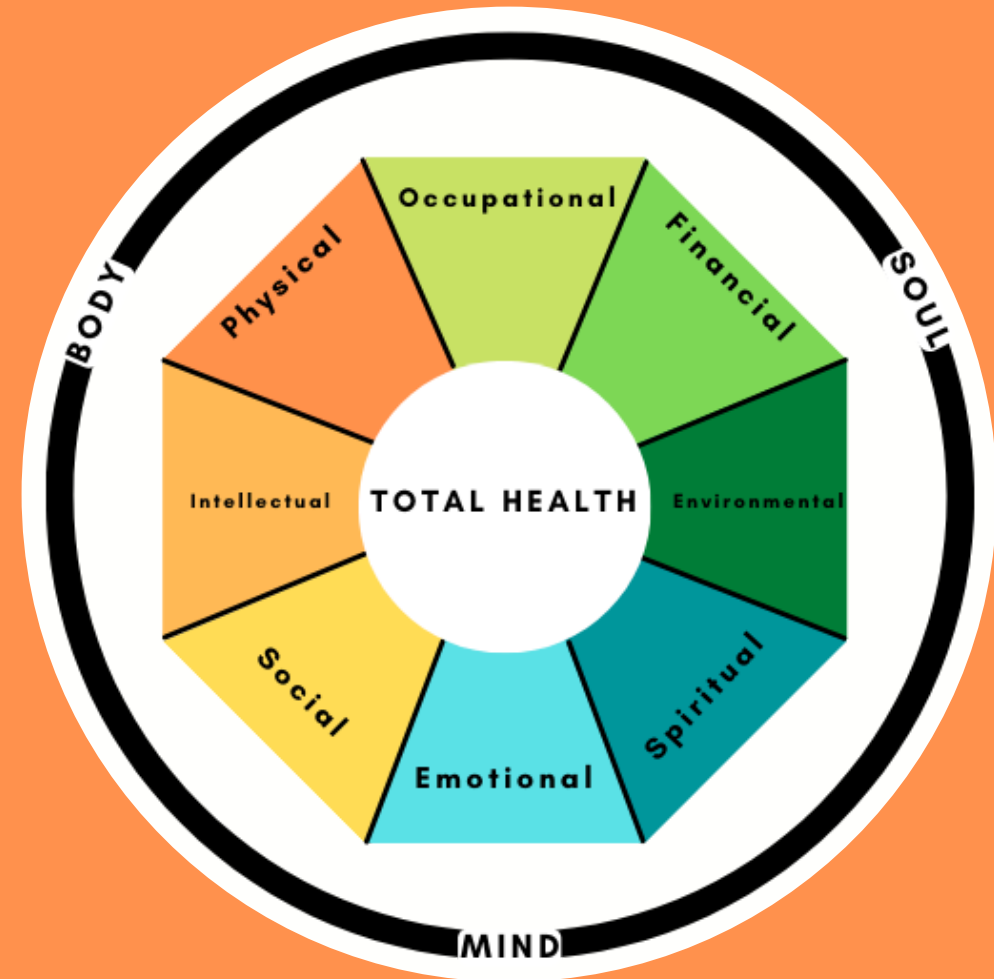


Idaho National Guard Health & Wellness



Balancing all aspects of your health to help you thrive



TOTAL HEALTH



Total Health encompasses eight dimensions of wellness and integrates fitness of the mind, body and soul. Creating self-awareness within these dimensions is the first step towards optimizing our well-being and performance to live a healthy and happy life.

Our Mission



The J9 Health and Wellness Team is dedicated to enriching the lives of Service Members and their Families. Our diverse team brings a wealth of experience from the realms of registered dietetics, crisis response, education, mental performance, kinesiology and more. We strive to increase access to resources, break down barriers to seeking help and foster strong team cohesion. We offer a variety of courses such as Total Health Workshops, a First-Line Leaders Course, a Total Health Basic Course and a Total Health Leaders Course to meet the diverse needs of the organization. Our tailored courses empower Service Members and enhance their competency in a variety of skills that are critical to the organization's success, such as motivational interviewing for improved communication, change management, enhancing connectedness, and self-efficacy building towards long term behavior change. At the J9, we're not just providing services; we're cultivating resilience and building a healthier, more connected community within the military.

History

TOTAL HEALTH



The U.S. Army Holistic Health and Fitness (H2F) Program was designed to put people first and empower Soldiers to take charge of their health, fitness, and wellbeing. The Total Health concept was developed to build upon the H2F design by refocusing the existing dimensions and integrating additional dimensions of wellness to encompass the Substance Abuse and Mental Health Services Administration (SAMHSA) model and the DOD's Total Force Fitness (TFF) to be inclusive of the Air Force and Family Members. The blending of these concepts allows Service Members and Family Members to bring self-awareness and balance to their mind, body, and soul. The Total Health model is a tool used to increase self-awareness in the various areas of health, to create balance and optimize well-being and performance. Total Health can also be used as a prevention tool to identify risk factors.

Dimensions of Health



Physical

Proactively preventing illness, injury, or disease risk through regular wellness, vision, and dental check-ups. Exploration of movement, nourishment, and sleep that are optimal for an individual to perform tasks and duties in order to complete the mission and to enhance our lives.



Intellectual

Observing different thoughts, opinions and beliefs of others, with curiosity (not judgement) to understand diverse points of view. Actively pursuing new knowledge and skills to continue personal development and growth for a strong mind.



Social

Building a strong support group with healthy relationships and connectedness. Demonstrating commitment and showing concern for other's needs over one's own, to include the welfare of family, friends, the military and the nation.



Financial

Understanding effective money management skills, processes and resources to accomplish your current and future financial goals.



Occupational

Finding healthy work habits, personal achievement, enjoyment, work-life balance and seeking opportunities for growth.



Environmental

Creating and preserving a space to promote optimal learning, contemplation, and/or relaxation that supports well-being. Caring for belongings by performing regular preventative services to maintain functionality and quality.



Emotional

Recognition of emotions as they arise, creating awareness around strengths and limits, and building coping skills and stress management strategies.



Spiritual

Discovery and exploration of core values, purpose, and meaning to find connection and build a solid foundation.

Get to Know Our Team



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Health & Wellness
Instructor



Joey Barsotti

Health & Wellness
Instructor



Abbi Cannon

Health & Wellness
Instructor



LTC Jennifer Pate

Health & Wellness
Branch Chief



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TOTAL HEALTH



Information at your fingertips

Scan the QR Codes below to find out more information about our program and the J9.



OUR WEBSITE



J9 RESOURCES LIST



MOBILE APP



Take charge of your health

Visit or Contact Us:

Gowen Field, BLDG 254

Hours: Mon. - Fri. 7 am - 4 pm

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 <https://www.imd.idaho.gov/total-health/>

 1-800-479-7006

 Get social

[idaho_ng_health_and_wellness](https://www.instagram.com/idaho_ng_health_and_wellness)

