



Dear Holistic Health and Fitness Integrator Candidate:

On behalf of the United States Army Holistic Health and Fitness Academy (H2F Academy), Leader Training Brigade, I would like to take this opportunity to welcome you to the Holistic Health and Fitness Integrator Course.

At the H2F Academy, we pride ourselves on educating the Army's future Holistic Health and Fitness Integrators in the fundamentals of sport and exercise science, movement and coaching skills, spiritual connection, mental performance, nutrition science, sleep fitness, and testing and evaluation of tactical populations. By the end of the course, you will have the foundational knowledge to support your unit's holistic fitness.

Thank you for entrusting the H2F Academy with your professional development. We look forward to assisting you in your endeavor to master the science and art of Physical, Mental, Nutritional, Spiritual, and Sleep Readiness Training to lead Soldiers.

A handwritten signature in black ink, appearing to read "Benjamin K. Bower".

**BENJAMIN K. BOWER
LTC, SP
Director, H2F Academy**