

New U.S. Army series helps youth on their journey to holistic health



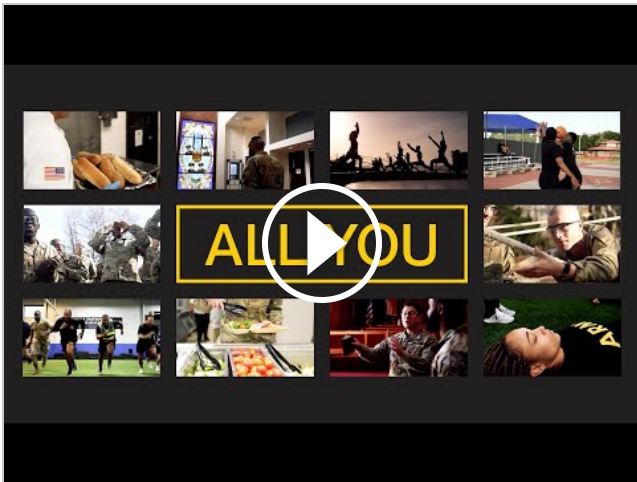
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"All You" video series offers actionable health advice rooted in the Army's Holistic Health and Fitness (H2F) system, the force's battle-tested system for enhancing Soldier readiness

WASHINGTON, March 20, 2025 /PRNewswire/ -- The U.S. Army launched a new YouTube series that gifts its proprietary, proven approach to achieving holistic health to American youth. With youth physical and mental health on the decline and an increasingly crowded landscape of fitness offerings, "All You" aims to take the guesswork out of health and wellness for a motivated generation seeking a clear path forward. The series delivers quick, actionable advice directly from Army human performance experts and highly skilled Soldiers.



The "All You" Series Trailer is the first episode in the U.S. Army's new video series that harnesses the ability to deliver holistic health and fitness under one umbrella.



The U.S. Army's new video series "All You" is based on the research and expertise of the Army's Holistic Health and Fitness (H2F) system—the force's battle-tested initiative to enhance Soldier readiness across five domains.



In its new YouTube series, the U.S. Army gifts its proprietary, proven approach to achieving holistic health to American youth by delivering quick, actionable advice directly from Army subject matter experts and trained Soldiers.



Modeled after Special Forces and professional and collegiate athletic training, the Army's Holistic Health and Fitness (H2F) system is shifting training from a one-size-fits-all model to acknowledge all essential areas of health to address the uniqueness of every Soldier, unit, and mission.

"All You" is based on the research and expertise of the Army's Holistic Health and Fitness (H2F) system, the force's battle-tested initiative to enhance Soldier readiness across five domains of readiness: **physical, mental, nutritional, sleep, and spiritual**. Since it launched in 2020, Soldiers at Army units that have implemented the H2F system have improved both physical and non-physical performance, to include reduction in need for additional care for musculoskeletal injuries (55%), require a behavioral health profile (7.7%) or substance abuse profile (59%), and more likely to meet the standard for the Army Combat Fitness Test (18%). (US Army CIMT)

The Army has felt the impacts of the youth health crisis firsthand with decreased recruitment eligibility, largely for health reasons. In just a few years, H2F has transformed the Army's culture of health and fitness, and the proof is in the dramatic impact it's having on Soldier health and readiness. "We're eager to share the wealth of information and best practices of H2F with an even wider audience through 'All You,'" says Brig. Gen. Antoinette Gant, Chief of Army Enterprise Marketing.

Timed to the first day of spring when Americans begin to reprioritize their health, "All You" launches on the GoArmy YouTube channel with a week of introductory videos that establish the importance of a holistic approach to health and fitness and will follow with bi-weekly content that provides practical and actionable advice per domain that can be easily incorporated into day-to-day life. All videos will publish at 11 a.m. EDT:



- **March 20:** The "All You" Series Trailer debuts with a motivating compilation of content to come.
- **March 21:** "Improve Your Wellness with ALL YOU from the Army" includes various Army subject matter experts to introduce viewers to the components of the H2F system and what to expect from "All You."
- **March 24:** In "Maximize Movement & Strength with Every Workout in ALL YOU," Staff Sgt. Michael Matis, H2F Academy Instructor, shares a first look at **physical** regimens to support viewers' fitness goals.
- **March 25:** In "Boost Your Mental Toughness with ALL YOU," 1st Lt. Brandan Wolfolk, 193rd H2F Mental and Sleep Readiness Program Director, provides an overview of techniques for building **mental** toughness and resilience.
- **March 26:** In "Optimize Your Nutrition with ALL YOU," Capt. Jewel Ory, 193rd H2F Nutrition Program Director, explains the importance of **nutrition** in overall health and how to approach healthy changes to your diet.
- **March 27:** In "Unlock Your Spiritual Resilience with ALL YOU," Chaplain (Maj.) Scott Lovejoy, 193rd H2F Spiritual Domain lead, shares what it means to have **spiritual** health and what first steps to take for viewers to improve their own.
- **March 28:** In "Transform Your Sleep Habits with ALL YOU," Capt. Chris Enke, 165th H2F Mental and Sleep Readiness Program Director, familiarizes viewers with **sleep** best practices for feeling your best and improving other areas of wellness.
- **Every other Friday starting April 11:** Bi-weekly videos will feature Army Soldiers and trained H2F subject matter experts offering their best tips and advice by domain.

H2F is changing health and fitness outcomes for Soldiers at all stages of their Army journey, including potential recruits seeking eligibility through the Future Soldier Prep Course (FSPC). With a course graduation rate of roughly 95%, the FSPC has helped more than 37,000 trainees meet the academic and physical fitness requirements needed to serve in the Army using the disciplines of the H2F system.

H2F Performance Teams of Soldier and civilian experts, including strength and conditioning coaches, physical therapists, athletic trainers, occupational therapists, cognitive performance specialists, registered dietitians, chaplains, and more, are the engines behind the program. These teams have expanded to more than 50 brigades across the force, with more H2F teams and facilities to be installed by 2027.

For more on how to become "All You," visit [**GoArmy on YouTube**](#).



About the Army Enterprise Marketing Office: AEMO is the U.S. Army's national marketing, marketing research and analysis, and accessions analysis organization. AEMO develops innovative and effective ways to connect with the American public to make the Army more accessible and understood, increase awareness of both the benefits and value of Army service, and motivate the most qualified candidates to choose the Army as their service of first choice.

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