



VIRGINIA DEFENSE FORCE
VIRGINIA DEPARTMENT OF MILITARY AFFAIRS

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VDF-FORHQ

26 AUGUST 2024

SUBJECT: WELLNESS PROGRAM

To the members of the Virginia Defense Force:

Commander's Guidance: In an effort to continue our emphasis of caring for the welfare of our troops and being able to accomplish our missions; a comprehensive wellness program is being instituted throughout the VDF. Its purpose is to help each of us thrive and flourish in our daily lives as well as ensure when called upon The Adjutant General (TAG), the VDF and its personnel will have the capability to execute any mission it receives.

Listed below are a few of the reasons for promoting a healthy lifestyle:

1. Prioritize Your Health: Preventive Measures Over Reactive Solutions

A well-designed wellness plan helps you proactively manage your health rather than reacting to issues as they arise. Regular check-ups, a balanced diet, and consistent exercise can prevent many chronic conditions and illnesses. By focusing on prevention, you can avoid the stress and complications associated with more severe health issues.

2. Improve Your Quality of Life: Physical and Mental Balance

Wellness is not just about physical health; it encompasses mental and emotional well-being as well. A holistic wellness plan includes activities and practices that support mental clarity, emotional stability, and stress management. By integrating practices like mindfulness, adequate sleep, and social connections, you enhance your overall quality of life.

3. Boost Productivity and Performance: Achieve Your Goals

A well-rounded wellness plan can significantly improve your productivity and performance. When you feel good physically and mentally, you're more likely to stay focused, motivated, and efficient in your work and personal endeavors. Investing in your wellness means investing in your potential to achieve your goals.

4. Build Resilience: Navigate Life's Challenges

Life is full of unexpected twists and turns. A strong wellness plan equips you with the tools and habits needed to handle stress and adversity. By maintaining a healthy lifestyle and incorporating coping strategies, you build resilience, enabling you to bounce back from challenges with greater ease.

5. Create Lasting Habits: Foster a Sustainable Lifestyle

One of the key benefits of a wellness plan is that it encourages the development of sustainable habits. Instead of quick fixes, a comprehensive plan focuses on long-term lifestyle changes that become ingrained in your daily routine. This approach ensures that you achieve lasting improvements in your health and well-being.

6. Enhance Your Relationships: Quality Time with Loved Ones

When you prioritize your wellness, you're better equipped to nurture your relationships. Feeling good physically and emotionally allows you to engage more fully with family and friends, creating stronger, more fulfilling connections. Wellness isn't just about the individual—it's about the positive impact on those around you.

7. Financial Savings: Reduce Healthcare Costs

Investing in wellness can also lead to financial savings. Preventive care, healthier lifestyle choices, and fewer medical emergencies translate to lower healthcare costs in the long run. By taking charge of your health now, you can potentially avoid the financial burden of future medical expenses.

Taking the First Step

Creating a personalized wellness plan doesn't have to be overwhelming. Start with small, manageable changes and gradually build up to a comprehensive plan that fits your needs and lifestyle. Whether it's incorporating more physical activity, improving your diet, or setting aside time for relaxation, every step you take contributes to a healthier, happier you.

If you need guidance in developing your wellness plan or have any questions, feel free to reach out.

To promote Wellness, the VDF is joining the VaNG in supporting September as Mental Health month. During the month of September, we are recording how many pushups each member can accomplish starting on 1 September. This is voluntary and is on the honor system. The winner will be announced the first week of October and receive a plaque for the pushups accomplished.

We have created a resource page on the VDF website with additional information on focusing on a healthy life:
https://vdf.virginia.gov/vdfresources/vdf_wellness_resources/

Together, we can take proactive steps toward achieving a balanced and fulfilling life.

A handwritten signature in black ink, appearing to read 'RLD DIDDAMS' with a stylized flourish at the end.

Richard L Diddams
BG (Va) Commanding