

Our Support for Military Readiness

The purpose of this communication is to introduce TEAM₂XL, a consortium of eight small businesses who have an interest in supporting the Holistic Health and Fitness System (H2F) strategy currently being marketed. Our small business consortium works individually and collectively to provide customized solutions for the military to include:

Centurion Partners Health & Fitness, Equipment	Hoffman Leakey Architects, Government Building
CTI Institute – Physician Leadership Training	International Sports Science Association (ISSA) College
D Group Consulting Services, Inc. – Wellness	Physical Healthcare of Jacksonville, Medicine, DC, CAM
Human Capital Resources and Concepts, Inc. – HR	PlantPure, Inc. – Nutrition, Plant-based Foods

UNDERSTANDING HOLISTIC HEALTH AND FITNESS REQUIREMENTS

TEAM₂XL understands the Military Human Performance directives. Table, Soldier Lethality lists the pillars and components of the H2F system. TEAM₂XL can provide a comprehensive implementation plan, while supporting the areas highlighted in blue. TEAM₂XL, will support the overall human resource requirements, as well as provide an innovative, energy efficient, field house design to optimize warfighter utilization.

SOLDIER LETHALITY				
PHYSICAL READINESS * MENTAL READINESS * SPIRITUAL READINESS PERFORMANCE NUTRITION * SLEEP HYGIENE				
Governance TRADOC	Program TRADOC	Equipment AMC	Personnel FORSCOM, ACCs, ARNG	Education TRADOC
H2F DIRECTORATE DOCTRINE REGULATION POLICY PROGRAM ASSESSMENT QUALITY ASSURANCE ACCOUNTABILITY	INDIVIDUAL METL-DRIVEN PERIODIZED TRAINING AND TESTING PREVENTION REHABILITATION TREATMENT	ACFT TESTING EQUIPMENT DEPLOYABLE TRAINING EQUIPMENT MEDICAL EQUIPMENT SETS	PHYSICAL THERAPISTS REGISTERED DIETICIAN OCCUPATIONAL THERAPISTS STRENGTH COACH	PROFESSIONAL MILITARY EDUCATION
TEAM₂XL	CTI ISSA D Group PlantPure	Fitnessmith	PlantPure ISSA College	ISSA College

TEAM₂XL SMALL BUSINESS COMPANIES AT-A-GLANCE

TEAM₂XL works individually and collaboratively to support a military customized solution.

National Guard Bureau Purchasing Categories include 23, 44, 45, 54, 61, 62, 72, 81

Website Overview: <https://dgroupnew.wpengine.com/services/wellness/>

Company/CEO	H2F Area	Vehicles/Certifications	NAICS
Centurion Partners Health & Fitness (DBA Fitnessmith) Michael Scichilone P: 561.756.0077 E: mscichilone@fitnessmith.com Kelly Spivey P: 813.523.5745 E: kspivey@fitnessmith.com DUNS: 023060104 CAGE: 8BJ43	Fitness Equipment Distributor; Facility Design & Layout; SMART Technology; Accessories; Assessment Resources; Fitness Zone Programming & Equipment Recommendations	Small Business Office of Supplier Diversity Florida	713940 423910 611430
D Group Consulting Services, Inc. Dorette Nysewander, EdD P: 904.859.1425 E: dorette@dgroupconsulting.com DUNS: 933654399 CAGE: 63MM1	Wellness, Systems, Resources, Funding, Fitness & Nutrition Camps, Professional Services	SBA HUBZone, EDWOSB, WOSB SeaPort NxG Prime	541611 611430 541618
Human Capital Resources & Concepts, Inc. Marnice Miller P: 301.351.0724 E: Marnice.miller@hcrconcepts.com DUNS: 079744148 CAGE: 7C0Z1	HR Staffing, Employee and Performance Management Operations, Personnel Security	SBA 8(a), HUBZone EDWOSB, WOSB SeaPort NxG	541612 541618 611430
Hoffman Leakey Architects, LLC Michael Leakey P: 814.280.1467 E: mleakey@hl-architects.com DUNS: 031078134 CAGE: 881X1	Architecture, Interior Design, Project Management Construction FitWel – CDC/GSA Solution	Small Business SeaPort NxG Licensed PA, WV	541310 541410 541618 236220
ISSA College Sal Arria, DC P: 805.260.0231 E: sarria@issaonline.edu Alex Hoffman, EdD-Chief Academic Officer P: 858.449.8086 E: ahoffmann@issaonline.edu DUNS: 826197766 CAGE: 3HVH4	Certificates, AS, BS Degrees, Transfer of 60 credits from Military Ed.; Customized Courses per Military Education ranks; Periodized learning for target populations, Pro, Active, Re.; Fitness/Nutrition Camps	Small Business DEAC Accreditation	611310 611430
Physical Healthcare of Jacksonville Mark Pierce, DC, BCOA P: 904.334.1847 E: doctor@physicalhealthcarejax.com	Atlas Orthogonal Chiropractic Physical Medicine & Rehab Physical Therapy Regenerative Medicine	Small Business	621310 621399 623220
PlantPure, Inc. Kim Campbell Contacts: Nelson or Dr. Campbell P: 919.603.7620 E: ncampbell@plantpurenation.com Laura Dietrich P: 502.905.1235 E: ldietrich@plantpurenation.com DUNS: 080435869 CAGE: 8BFX3	Whole, plant-based foods Corporate Wellness PlantPure Rx Online Seminars Educational Materials Fitness/Nutrition Camps	Small Business	311412 611430 722310

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Center for Transformation & Innovation, LLC (DBA CTI) Mo Kasti, MS, MBB, MCA P: 813.333.1401 Ext. 1011 E: mkasti@ctileadership.com DUNS: 062321911 CAGE: 79AX9	Physician Leadership Training Healthcare Transformation Design Thinking Coaching	Small Business Office of Supplier Diversity Florida	611430
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Why TEAM₂XL?

Military Need: Holism. Solutions to support the H2F System and reduce non-deployable(s) of \$3 billion in reactive costs. TEAM₂X can support the mission of building a warfighter holistically by incorporating dimensions of wellness with tenets specific to each individual’s needs. A comprehensive program is necessary to train a diverse skill set, ranging from maximizing leg strength and core stability, to facilitating sleep hygiene, and turning around biometric health (physical/performance nutrition). Beyond the physical realm, warfighters should know the difference between fixed and growth mindsets or intuitively trusting the gut (mental/spiritual readiness). These physical and mental tools reach beyond the initial assessments to support targeted populations, i.e., proactive, active and reactive. A holistic system of support provides warfighter transformation (mission readiness), as well as valuable post-enlistment life skills.

Core Capabilities

Architecture, 360°Fitness Solutions, Human Performance, Medicine, Military Education, Personnel Management, Physician Leadership & Plant-based Nutrition.



We are Architecture! Hoffman Leakey Architects, LLC has harnessed the power of innovative design to develop buildings and sites that achieve our client’s practical and aesthetic goals for 45 years. The work of HLA includes hundreds of renovations, tenant fit-outs, adaptive reuse projects, and new construction, for institutional, municipal, educational, commercial and private clients. HLA values relationships and encourages a collaborative process from all stakeholders from design through construction. The Centers of Disease Control (CDC) and GSA have invented a new concept in building called FitWel. This encompasses building materials and design for optimizing health.



We are 360° Fitness Solutions! In a world filled with niche providers, **Fitnessmith** stands alone as the industry leader by providing a **360° fitness solution**. We deliver the entire spectrum from interior Facility Design & Equipment Layouts, Accessory Products & Assessment Resources, to selecting Equipment Specific to Programming for clients CONUS and OCONUS. As the industry evolves, we lead clients through the ever-changing landscape of options to ensure their fitness vision comes to life. We are your single source and partner for all things Fitness. The Centurion Partners Health & Fitness (DBA **Fitnessmith**) company has a heritage that spans over 20 years and remains deeply, rooted in a *service first* culture.



We are Human Performance! D Group Consulting Services Inc. (D Group) is an U.S. Small Business Administration **HUBZone certified 56938**, for-profit, women owned small business (EDWOSB). As a wellness, education, and consulting company established in 2006, D Group delivers evidence-based solutions to help clients improve the health and well-being of individuals, organizations, and communities for private industry and the Federal Government. D Group's core competencies are Organizational Leadership & Behavior Change, Research Education & Human Performance, Health & Wellness Initiatives. Having designed and implemented **170 Health & Wellness Initiatives for Fortune 100 Companies, JNJ, YMCA**, and providing thousands of **trainings on and off military establishments over 4 continents**, North/South America, Europe and Asia, we understand the warfighter. D Group assesses the needs and provides the solution to improve organizational performance, enhance customer satisfaction and create sustainability.



We are medicine and Atlas Orthogonal Chiropractic Care! The team of medical and chiropractic physicians, physical therapists and other providers at Physical Healthcare of Jacksonville work to get patients out of pain quickly. With state-of-art services and the advancements of science, patients receive care in Atlas Orthogonal Chiropractic Care, Physical Medicine, Regenerative & Functional Medicine, Physical Therapy with other complimentary medicine practices.



We support Military Education! International Sports Science Association (ISSA), College of Exercise Science (CES) is the world leader in fitness education and delivers comprehensive, cognitive and practical distance education for fitness professionals, grounded in industry research, using both traditional and innovative modalities. **Founded in 1988** by Dr. Sal Arria and Dr. Frederick Hatfield, ISSA offers **12 certificate programs, Associate and Bachelor degrees in Health Sciences**. Since its inception in 2011, the College of Exercise Science has produced over 2200 graduates in its certificate and degree programs.

The ISSA programs are licensed and approved by the U.S. Department of Education and are nationally accredited by the Distance Education Accreditation Commission (DEAC). ISSA College **accepts up to 60 credits of military education to advance degree completion**. Any curriculum developed by the ISSA College can be customized to military specifications then turned over for its use.



We are Personal Management! Human Capital Resources and Concepts Inc. (HCRC) is an U.S. **Small Business Administration (SBA) 8 (a) and HUBZone**, woman-owned small business EDWOSB. HCRC provides a wide range of consulting services to Federal Civilian and DOD Agencies to include, Human Resources, Human Capital, Administrative, Training and Program Management and Personnel Security. The firm's approach to **delivering quality services** is based on **mature management processes** and a tightly integrated support infrastructure which yields efficiencies in service delivery and economies of scale for clients.



We are Physician Leadership! CTI was created in 2005 as a part of USF Health at the University of South Florida. CTI transforms organizations and empowers leaders through its multifaceted leadership development program, the Physician Leadership Institute. CTI works with its clients to achieve success through five foundational practices – **leadership, strategy, culture, innovation, and performance**. We believe every physician and leader has different strengths and development areas. Therefore, there is no “off-the-shelf” solution that can meet the unique needs of every organization. CTI offers a continuum of custom programs that deliver the maximum return on investment for the organization as a whole.



We are Plant-based Nutrition! *PlantPure* is a scientifically proven method to improve health, rooted in the **world’s largest most comprehensive nutritional study, “The China Study”, by T. Colin Campbell, PhD**. Programming is a unique combination of whole, plant foods coupled with educational materials to create significant health and well-being. Initiatives include: Producers of the featured **documentary: PlantPure Nation**, released in **theaters in over 100 communities**, shown on Amazon and Netflix. Creators of the Healing America Campaign. Perfected the preparation of plant-based foods for home delivery. Developed the Plant-based PlantPure Rx Program to support the health and well-being of patients. Supported researchers and programs for corporate wellness initiatives. Developed the PlantPure Online Health & Weight Loss Seminar and e-Cornell plant-based certificate.

Summary. As known creators of Health & Fitness and through three decades of working with warfighters, we have organized our proven evidence-based systems of fitness, nutrition, health and well-being with the appropriate rigor and relevance for each individual. Our experience stems from a holistic viewpoint of taking the warfighter where he/she is currently and using lethal-centric tools necessary to help them “Ruck-Up” in their quest for physical, mental, spiritual mission readiness with the proper combination of physical conditioning, fuel and rest required.

As a central point of communications, or request for proposal, please contact Dorette Nysewander, EdD, “DrD” at 904.859.1425, dorette@dgroupconsulting.com