

TEAM₂XL — Support for Military Readiness

The purpose of this communication is to introduce TEAM₂XL, a consortium of nine small businesses who have an interest in supporting the Army Holistic Health and Fitness System (H2F) vision. Our small business consortium is solution focused on people, process, and performance. We work individually and collectively to provide customized solutions for military operations in the areas of:

Corinth Consulting Group 8(a), Digital MGT & Integration, Financial MGT	
CTI Institute – Physician Leadership Institute	Hoffman Leakey Architects, GOV Bldgs., FitWel
D Group Consulting Services, Inc. – Wellness	ISSA College of Exercise Science (ISSA CES)
Heartline Fitness Products, Inc. – Equipment	Physical Healthcare of Jacksonville, MD, PT, AOCC
Human Capital Resources & Concepts, Inc. HR 8(a)	PlantPure, Inc. – Whole Food Plant-based Nutrition

OUR UNDERSTANDING

TEAM₂XL understands the Military Human Performance directives. The Soldier Lethality table lists the pillars and components of the H2F system in which TEAM₂XL can provide a comprehensive implementation plan. TEAM₂XL will support the overall human resource requirements, with innovative, energy efficient, facility designs to optimize warfighter utilization while supporting the areas highlighted in blue.

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	TEAM₂XL	TEAM₂XL	TEAM₂XL	TEAM₂XL

TEAM₂XL SMALL BUSINESS COMPANIES AT-A-GLANCE

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

Company/CEO	H2F Area	Vehicles/Certifications	NAICS
Heartline Fitness Products, Inc. Jeff Shipman P: 410.858.6611 E: jeff@heartlinefitness.com Kelly Spivey P: 813.410.4413 E: kelly.spivey@heartlinefitness.com DUNS: 926237850 CAGE: 1KK34	Fitness Equipment Distributor. Facility Design & Layout. SMART Technology. Pools & Spas. Accessories. Assessment Resources. Fitness Zone Programming & Equipment Recommendations.	Small Business Recognized by Fairfax County VA as a premier supply of fitness equipment	713940 611430 423910
Corinth Consulting Group Ricardo Siva, CEO P: 571.238.6953 E: Ricardo.Silva@corinthcg.com DUNS: 078505319 CAGE: 6XQ72	Digital MGT & Integration Agile, Portal, Cloud Development Cyber Security, Lifecycle Systems Analysis of Disparate Systems Financial Management (MGT) Procurement Support	SBA 8(a) 308272 ISO 9001 Certified 2015 GSA MAS Schedule IT, Health IT, SINS; Task Orders, BPA, T & M, FFP, LH & Blended	561330 541330 518210 541211
Hoffman Leakey Architects, LLC Michael Leakey P: 814.280.1467 E: mleakey@hl-architects.com DUNS: 031078134 CAGE: 881X1	Architecture, Construction, Feasibility Studies, Interior Design, Project MGT, FitWel – CDC/GSA Solution	Small Business SeaPort NxG Licensed PA, WV, VA	541310 541410 541618 236220
Human Capital Resources & Concepts, Inc. Marnice Miller P: 301.351.0724 E: Marnice.miller@hcrconcepts.com DUNS: 079744148 CAGE: 7CoZ1	HR Staffing, Employee and Performance Management Operations, Personnel Security	SBA 8(a) SBA HUBZone EDWOSB, WOSB SeaPort NxG GSA	541612 541618 611430
Physical Healthcare of Jacksonville Mark Pierce, DC, BCAO P: 904.334.1847 E: doctor@physicalhealthcarejax.com DUNS: 048467834 CAGE: 8BMW6	Atlas Orthogonal Chiropractic Physical Medicine & Rehab Physical Therapy Regenerative Medicine	Small Business	621310 621399 623220
ISSA College of Exercise Science 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	AS, BS Degrees Online Degree Completion - Transfer of up to 60 credits for Military Ed. Course Certificate Programs Develop Customized Courses Periodized learning for target populations	Small Business DEAC Accreditation	611310 611430
D Group Consulting Services, Inc. Dorette Nysewander, EdD P: 904.859.1425 E: dorette@dgroupconsulting.com DUNS: 933654399 CAGE: 63MM1	Wellness, Education Consulting, Virtual & On-site, Evidence-base Solutions, Professional Services, Funding, Certifications, Accreditation, Readiness Systems	SBA HUBZone 56938 EDWOSB, WOSB SeaPort NxG Prime	541611 541330 541618 611430

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Company/CEO	H2F Area	Vehicles/Certifications	NAICS
PlantPure, Inc. Contacts: Nelson Campbell P: 919.603.7620 E: ncampbell@plantpurenation.com DUNS: 080435869 CAGE: 8BFX3	Whole food, plant-based nutrition Corporate Wellness PlantPure Rx Online Seminars Educational Materials	Small Business	311412 611430 722310
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

Why TEAM₂XL?

Military Need: Holism. Our solutions support the H2F System and reduce non-deployable(s) of \$3 billion in reactive costs. TEAM₂XL’s approach to building a warfighter holistically incorporates dimensions of wellness with tenets specific to each Soldier. We recognize the need of training 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 need a balance in understanding differences 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 provides warfighter transformation - mission readiness - as well as valuable post-enlistment life skills.

As known creators of Health & Fitness Services and 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 Soldier. **We disrupt the traditional way of working to mainstream the latest evidence-based science in resolving client problems.** 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 in their quest for physical, mental, spiritual mission readiness with the proper combination of physical conditioning, fuel, and rest required.

Specific Solution Capabilities

Architecture, Cyber Security, Digital Management & Integration, Fitness Facility Designs, Solutions & Equipment, Human Performance, Medicine, Military Education, Personnel Management, Physician Leadership & Whole Food Plant-based Nutrition.



We are Health & Fitness Solutions! Fitness Spaces designed for a lifestyle. Facility Designs & Equipment Layouts, Pools & Spas, Accessory Products & Assessment Resources, to selecting Equipment Specific to Programming needs for clients CONUS and OCONUS. As the industry evolves, we lead clients through the ever-changing landscape of options to ensure their vision comes to life. **COVID-19 Defense: An innovative solution that tests 98% effective in neutralizing the virus in 15 minutes**, by controlling your air quality through a **patented bipolar ionization HVAC technology**. We are your single source partner for all things Fitness, Facility & Wellness.



We are Digital Management & Integration! Corinth Consulting Group is an **U.S. Small Business Administration 8(a) Hispanic owned** small business. In an ever-evolving digital era, our solutions create value by achieving effective and scalable objectives for decision makers in the technical areas of: systems engineering or re-engineering, agile, portal, and cloud development. As advocates of fiscal solvency, our business consulting process, streamlines organizational finances and operations to enable growth. Our culture is committed to higher standards of quality, accountability, and productivity. Within this ecosystem each diverse, dedicated individual or team thrives in creating a client solution of sustainable growth.



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 Personnel Management! Human Capital Resources and Concepts Inc. (HCRC) is an **U.S. Small Business Administration (SBA) 8(a) and HUBZone**, EDWOSB woman-owned small business that meet the needs of commercial, federal, state, and local agencies/companies. Our consultants possess more than 20 years of experience working all-source HR. They are seasoned in civilian, federal, and joint military personnel practices which includes CFR, Title 5 and 10. Our Capabilities include but are not limited to the following: HR Operations, HRMS Administration, Employee Onboarding / In-processing, Recruitment and Staffing Management, Organizational Development, Succession Planning, Career Pathing, HR Compliance, HR Audits, Strategic Workforce Planning, Training, and Personnel Security.



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 Exercise Science** with a Master in Science pending accreditation. Since its inception in 2011, ISSA CES 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 CES **accepts up to 60 credits of military education to advance degree completion.** Any curriculum developed by the ISSA CES can be customized to military specifications and owned by the Army upon its completion.



We are Human Performance! D Group Consulting Services Inc. (D Group) is an **U.S. Small Business Administration HUBZone certified 56938**, women owned small business (EDWOSB). D Group delivers evidence-based solutions to help clients improve the health and well-being of people and facilities. *Wellness* focuses on war readiness with tenets of resiliency, prevention, & mind/body connection, *education* targets leadership, emotional intelligence, self-awareness & communication, while *consulting* leads change 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 holistic demands placed on the warfighter. Health & Wellness standards & guidelines are now recognized for accreditation and we were first to lead these initiatives for well-being and education. D Group assesses needs and connects the evidence-based solutions for enhanced growth and sustainability.



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 to support the return of biometric levels to a normal status in a relatively short timeframe. 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.



We are Physician Leadership! CTI was created in 2005 as a WOSB 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.

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