**Health, Wellness, and Performance**

The four domains of fitness: Social, Physical, Mental, and Spiritual.

**Physical Fitness**
The ability to physically accomplish all aspects of Mission Essential Tasks (METs) while remaining mission capable and avoiding injury.

**Mental Fitness**
The ability to face challenging and unpredictable situations with an increased ability to reset mentally.

**Spiritual Fitness**
The ability to live in a way that aligns with personal faith, internal foundational values, and moral living. Not necessarily derived from a religion.

**Social Fitness**
The ability to create, engage, and maintain productive personal and professional relationships.

For more information, please visit your local: **Semper Fit**