

PREVENTION IN ACTION

TOTAL FITNESS

TOTAL FORCE FITNESS FOCUSES ON OVERALL WELLNESS

When you think of being healthy, chances are you tend to focus on your physical health. You might think about the last time you got sick or maybe your workout routine.

Total Force Fitness (TFF) is the Department of Defense’s framework for optimizing the human performance, mission readiness, and resilience of Service members and Families.

TFF suggests you reconsider what it means to be healthy. Beyond just physical fitness, TFF encourages you to focus on your whole self and those life domains that are key to health and performance.

Your total fitness includes eight domains: social, physical, financial, ideological and spiritual, medical and dental preventive care, environmental, nutritional, and psychological.

Physical health and good nutrition can keep you mission-ready, but you still need a social-support network, mental health resources, and spirituality that you can tap into for mental resilience.

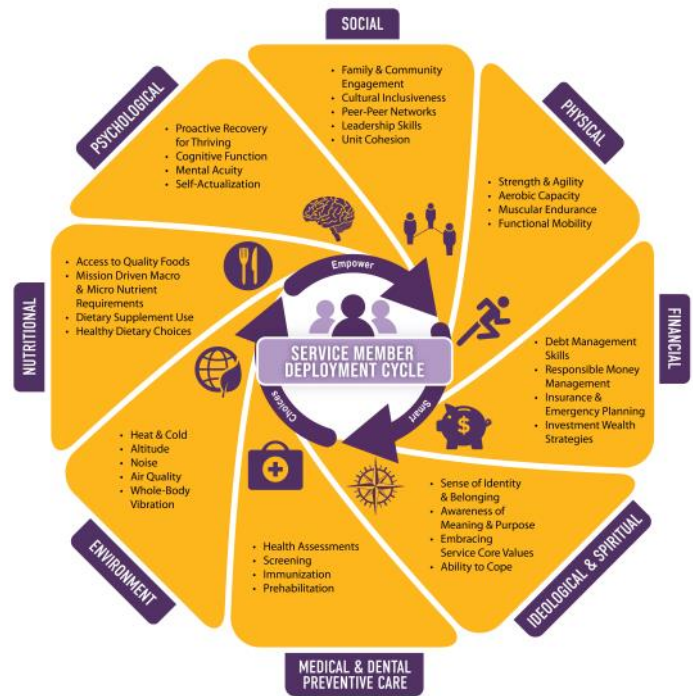
Your surroundings are also important—whether you’re training in heat or humidity or deployed in an austere environment.

When it comes to your medical and dental health, it’s essential to focus on prevention of and recovery from disease and physical defects to sustain readiness as well.

It’s important to be fit in all domains. Your participation in your own fitness also contributes to—and helps achieve—TFF. Embodying the TFF framework means paying attention to all of these domains in your quest for peak performance and readiness.

You’ll know you’ve reached peak performance when you’re performing at your best and thriving in all aspects of your life. You have great relationships with the people around you, and you feel happy and fulfilled. You’re physically healthy and fit, you feel a sense of purpose in the things you do, and you’re able to bounce back and

TOTAL FORCE FITNESS



CONSORTIUM FOR HEALTH AND MILITARY PERFORMANCE

grow from the curve balls life throws at you.

—*Excerpt* from Consortium for Health and Military Performance

The [website](#) for Human Performance Resources at the Consortium for Health and Military Performance at the Uniformed Services University of the Health Sciences offers an array of articles on TFF.

Marine Corps Community Services Supports Total Force Fitness Goals

You’re not alone when working to achieve total fitness.

Marine Corps Community Services offers programs that directly support several of the fitness domains, including:

- [Child and Youth Programs](#) (social)
- [Community Counseling Program](#) (social, psychological)
- [Exceptional Family Member](#)

- [Program](#) (social)
 - [Family Advocacy Program](#) (social and psychological)
 - [Family Team Building](#) (social)
 - [Marine for Life Network](#) (social, financial)
 - [New Parent Support Program](#) (social)
 - [Personal Financial Management Program](#) (financial)
- See Page 4 for more information.**

- [Semper Fit & Recreation](#) (physical, nutritional, and social)
- See Page 3 for more information.**
- [Single Marine Program](#) (social, physical)
 - [Substance Abuse Program](#) (psychological)
 - [Marine Corps-wide Support Chaplains](#) (ideological and spiritual, social)

INCREASE RESILIENCE BY STRENGTHENING BODY, MIND, SPIRIT, AND SOCIAL

Empowering individuals to say, “Yes, I can handle this,” will make them not only more effective in performing their jobs but also more resilient to the potentially damaging effects of stressors.

The [Combat and Operational Stress Control \(COSC\) Doctrine](#), MCTP 3-30, and Operational Stress Control and Readiness (OSCAR) training offer strategies for strengthening.

COSC initiatives focus on four aspects of fitness: body, mind, spirit, and social.

Strengthening the Body

In addition to regular physical training and exercise, strengthening the body for maximum performance requires adopting a healthy lifestyle that includes maintenance of good health, compliance with body composition standards, injury prevention, proper nutrition and hydration, managing fatigue, and recovery from injuries.

Strengthening the Mind

To maintain effective functioning and resilience, Marines must grow the mental ability to generalize knowledge and skills, adapting to new situations through intelligence, creativity,

and self-confidence—all traits that Marines can strengthen over time.

Ways to measure that mental strength include feeling self-assured, possessing strong coping and decision-making skills, staying focused on mission, perseverance, exhibiting hopefulness and positive outlook, and maintaining mental agility.

Strengthening the Spirit

To strengthen the spirit, Marines must maintain the ability to adhere to beliefs, principles, and values needed to persevere and prevail.

Components of spiritual fitness can include self-awareness, reflection and introspection; core beliefs: purpose and meaning; spiritual beliefs, values, practices, and experiences; and relationships beyond self.

For more on spiritual fitness, see Page 3.

Strengthening the Social Factors

Social support from the unit, family, friends, or community contributes to effective and resilient coping. Being surrounded by trusted peers and mastering challenges and enduring hardships with them contributes to resilience.

Ways to measure social fitness include maintaining strong family and support system, remaining self-assured in social interactions, using strong coping and decision-making skills, feeling a sense of community, staying interested in group fitness and community activities, keeping mission focus, building and maintaining healthy relationships, and respecting self and others.

For more on social fitness, see Page 4.

FOR MORE INFORMATION

- The categories are reviewed in annual Unit Marine Awareness and Prevention Integrated Training ([UMAPIT](#)) and covered in depth in Operational Stress Control and Readiness (OSCAR) team training.
- Take a deeper dive into the [Combat and Operational Stress Control Doctrine](#), MCTP 3-30.
- Reach out to your COSC regional training coordinator, COSC representative, an OSCAR Team Member, or HQMC COSC at HQMC_COSCC@usmc.mil.

PRACTICE SELF-CARE

The Practice Self-care feature focuses on self-care techniques that Service members, civilians, veterans, and Families find helpful. Stress is a part of everyday life, and all of us can benefit from learning techniques to manage it. Practicing self-care is an important part of maintaining total fitness.

Jennifer Kahn, Public Health Analyst,

Embedded Preventive Behavioral Health Capability, Behavioral Programs

What: Virtual yoga once a week with my twin sister, making hot tea before a long meeting, and scrolling through pictures of my niece and nephew on my phone

How it Helps: Yoga allows me to reconnect with my sister and exercise at the same time. It relieves stress on multiple levels. Making hot tea before a long meeting is an act I enjoy and it keeps me hydrated. If I am stressed out at work, I look at pictures of my niece and nephew. It lowers my stress, reminds me the world still revolves and to focus on the bigger picture.

Col Kevin L. Digman

Chief of Behavioral Programs

What: Talking to others, running, and spending time with family

How it Helps: It's OK to open up to folks when things happen. This helps me understand that none of us are alone when we encounter any type of challenge, and that there are people and resources available for us to get through it. I also find that exercise helps me to relieve stress and to clear my head when things get extremely busy or challenging. My greatest source of self-care is spending quality time with my wife and my kids and, when able, other family members and friends.

ABOUT THE NEWSLETTER

The United States Marine Corps’ Marine & Family Programs Division publishes Prevention in Action.

The contents are for informational purposes only. The content is not intended to be a substitute for

professional financial advice, medical advice, diagnosis, or treatment.

Email hqmcprevention@usmc.mil to suggest topics or ask questions. January’s topic will be reset and

reboot. February’s topic will be inclusion.

To access hot links in newsletter: right click on link, copy link location, and paste link into a new browser window.

BEING SPIRITUALLY FIT MAKES IT EASIER TO NAVIGATE U-TURNS IN LIFE

BY CDR GREGORY CATES
CHAPLAIN, MF DIVISION

Have you ever been lost, I mean really lost where you cannot tell north from south?

Sometimes, when I use Google Maps and I am in a parking lot, the unsympathetic voice will tell me to “Go south on Washington Street.”

I think to myself, “I would like to, but I don’t know which way is south!”

So, I make my best guess and usually find myself making a U-turn about a mile up the road because I chose wrong.

That is an easy fix, but there are times in life where we choose the wrong path and the consequences may be quite grim.

Spiritual fitness can help us navigate our way through life. Spiritual fitness, part of Marine Corps Total Force Fitness, is defined as the ability to adhere to beliefs, principles, and values needed to persevere and prevail.

Spiritually fit personnel can be both religious and non-religious. Religion is a matter of choice and is not a necessary component of

spiritual fitness.

Necessary components of spiritual fitness are personal faith, foundational values, and moral living.

To say that 2020 has been a difficult year would be a great understatement.

Challenging times reinforce the importance of being spiritually fit. Studies have shown that spiritually fit individuals are more engaged in purposeful events, more hopeful about the future, and are better at making sound moral decisions.

How are you doing at these three things?

If you find that you are not doing well in one or more of those areas, please contact a chaplain, mental health provider, or someone in your chain of command that can help.

Think positively. You never know, 2021 could be one of the best years of your life.

VALUES INVENTORY

Take time to reflect on your personal values. What is the meaning and purpose of your life? What values do you live by? Here are some of the possible values you might identify with:

Accountability	Fairness	Making a difference
Achievement	Faith	Positivity
Adventure	Fidelity	Professionalism
Altruism	Fitness	Reliability
Balance	Freedom	Resourcefulness
Belonging	Generosity	Self-control
Calmness	Goodness	Selflessness
Commitment	Growth	Serenity
Community	Hard work	Service
Compassion	Health	Stability
Contentment	Happiness	Strength
Contribution	Honor	Success
Cooperation	Honesty	Teamwork
Creativity	Independence	Thankfulness
Dependability	Ingenuity	Trustworthiness
Discipline	Intelligence	Truth
Excellence	Justice	
Expertise	Love	

Source: USMC Foundational Values

BUILD SKILLS TO HELP REACH YOUR TOTAL FORCE FITNESS GOALS

Semper Fit Health Promotion programs and services promote active lifestyles and encourage people to increase control over their health and improve their full health potential. Take advantage of the seven core areas:

Performance nutrition: Fuel to fight. Take part in healthy cooking classes, health screenings, dietary supplement analysis, and meal planning. Get guidance for a healthy diet and weight management.

Sleep: Keep your brain and body fresh. Learn about the science of sleep and develop healthy habits to improve performance.

Cognitive performance: Exercise your brain.



Learn skills to boost mental processes such as attention, memory, problem-solving, and overall brain function.

Tobacco cessation: Operation Tobacco-Free Marine Program offers individual counseling and group classes.

Injury prevention: Keep your body in fighting

shape. Learn to prevent acute, overuse, and long-term injuries with workshops, health fairs, safety briefs, and running shoe clinics.

Prevention of chronic diseases: Check blood pressure, glucose, cholesterol, bone density, body composition, resting metabolic rate, and VO2 max.

Sexual health and responsibility: Learn about family planning, contraception, sexually transmitted infections, prenatal/postpartum fitness, and positive sexual behaviors.

Check with your local [Semper Fit](#) for more information.

ACHIEVE FINANCIAL FITNESS AS PART OF TOTAL FORCE FITNESS

Financial fitness is one of the eight domains of Total Force Fitness, and Marines and Families should:

- Develop debt management skills.
- Practice responsible money management.
- Plan for insurance and emergency needs.
- Learn investment wealth strategies.

The [Personal Financial Management Program](#) assists Marines and their Families to achieve and sustain personal financial readiness by providing training, counseling, and referrals. A solid understanding of personal finances will build confidence in facing financial challenges, responsibilities, and mission readiness.

If Service members are under financial stress and don't feel confident about their current financial planning, they should contact their installation Personal Financial Managers (PFM) or unit Command Financial Specialist (CFS). Both can provide one-on-one counsel, and the PFMs offer workshops on a personal finance

topics, including how to build a spending plan, saving, investing, credit, debt, car buying, retirement planning, and more. Services are available to all Service members at no cost and are confidential.

Developing household budgets

Installation PFMs can assist clients with prioritizing their current bills (critical to the household financial infrastructure) and understanding their credit reports.

PFMs emphasize to Service members that they should always pay bills on time, pay the minimum monthly payments each month, and pay more than the minimum when possible (even if it is one dollar more). This will reduce the amount of interest and the overall balance over time.

Dealing with loss of income

Many households do not have a spending plan that accounts for emergencies such as a family member losing a job.

PFMs make these family members aware of potential unemployment benefits and how

FINANCIAL MANAGEMENT CLASSES

Check your installation's [Marine Corps Community Services website](#) for upcoming course dates. Some are being offered virtually.

Personal Finance Management Program

- Investing Basics
- Developing a Spending Plan
- Car Buying
- Home Buying
- Budget
- Introduction to Investing
- Thrift Savings Plan
- Credit and Debt
- Retirement Planning/Survivor Benefit Plan

Navy-Marine Corps Relief Society

Budget for Baby

Family Advocacy Program

Married and Loving It (financial guidelines)

they work in that state. PFMs also support household budgeting to build and maintain an emergency fund.

INCREASE YOUR SOCIAL FITNESS

[Studies](#) have shown that nearly 30 percent of people report regularly feeling lonely—and don't feel their need for social connection is being met.

Social fitness is an important part of the Total Force Fitness framework. To be socially fit, focus on building healthy relationships. Those connections can help you stay strong and navigate life's challenges.

Single Marines should check out the [Single Marine Program's](#) social and volunteer activities. Semper Fit offers a [calendar](#) of activities on installations.

The Real Relationships course is a good way to learn more about building and fostering relationships as a tool to strengthen social fitness. For more information, check with your installation [Marine Corps Family Team Building](#) office.

Volunteering is another great opportunity for Marines and Families to interact with people who share their values and interests. [Volunteer Ready](#) is an innovative training curriculum which



MARINES.MIL

Marines volunteer at a community event for youth.

gives volunteers the relevant necessary tools for a successful and fulfilling volunteer career. For more information and course dates, contact your Family Team Building office.

There also are less formal ways to get involved and to create social connections, especially when you are new to a community.

For example, what could you gain from giving something you don't need to a neighbor who can use it? Practically speaking, you'll

always get something in return.

Free online-based swap groups, are micro communities of people who give things to their neighbors—building high morale and cohesive connections, in a socially and financially fit way.

The concept of giving where you live is the most local way to volunteer, which is a mood-boosting activity. Some research suggests that relationships with community connections may help in coping with emotional exhaustion and the negativity that accompanies burnout.

When morale and cohesion are higher, burnout is less common.

The need for social distancing because of COVID-19 does not mean you cannot continue to connect with friends and family. Schedule group video chats or play video games online. If you do meet with people in person, take all necessary precautions to protect yourself and others from the virus.

Build up your social-support systems and ask for help when you need it, before any challenge takes you to burnout.