Marine Corps Total Fitness is a conceptual framework used to align resources to optimize warfighting readiness, lethality, and resilience of the Marine Corps, while supporting family and community well-being. This framework focuses on the four domains of fitness: Physical, Mental, Spiritual, and Social.

**SOCIAL FITNESS**
The ability to create, engage, and maintain productive personal and professional relationships.

**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.

**MENTAL FITNESS**
The ability to face challenging and unpredictable situations with an increased ability to reset mentally.

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

To learn more about MCTF visit: [www.usmc-mccs.org/news/why-marine-corps-total-fitness](http://www.usmc-mccs.org/news/why-marine-corps-total-fitness) or connect with your local Semper Fit team.