

"The most valuable take away I received thus far is the re-energized feeling of hope. This Master Resilience Trainer couldn't have come at a better time for me and my Family. I can't wait to get home and use these tools in my Family. It's like a light bulb has been turned on in my head."

*SSG Jeffrey Holden,
Master Resilience Trainer*

"The use of good questions and knowledge of personal strengths can change perspective and lead to positive outcomes and effective communications."

*Ms. Danielle Corenchuk,
Family Member*



COMPREHENSIVE SOLDIER FITNESS

STRONG MINDS ★ STRONG BODIES

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COMPREHENSIVE SOLDIER FITNESS

STRONG MINDS ★ STRONG BODIES ★ STRONG FAMILIES



"All Soldiers, Family Members and DA Civilians will reap the benefits of this program, as will anyone with whom they come into contact. This program will help in all aspects of our lives, empowering us to strengthen relationships with our families, our peers and our Soldiers."

*SFC Jose Sixtos,
Master Resilience Trainer*

"The entire program has been valuable. Mental Management, Character Strengths, Building Strong Relationships all create and can continue to create and mold the Soldiers, Families, and (DA) civilians at all levels."

*Ms. Anna Smith,
Family Member*

What is Comprehensive Soldier Fitness?

Comprehensive Soldier Fitness represents the Army's investment in the readiness of the force and the quality of life for our Soldiers, Family members and Civilians by giving the same emphasis to psychological, emotional and mental strength that we have previously given to physical strength. The program takes a holistic approach to fitness by optimizing five dimensions of strength: **Physical, Emotional, Social, Spiritual and Family.**



Key Program Elements

Global Assessment Tool (GAT)

Provides you with a baseline in four dimensions of strength: emotional, social, spiritual and family; and provides an opportunity to track self-development and growth in these areas over time. Available online at <https://www.sft.army.mil/sftfamily> (AKO log-in required).

Comprehensive Resilience Modules

Educates and provides tools so that you can develop your strength in the four dimensions. Available online at <https://www.sft.army.mil/sftfamily>.

The goal of CSF is to increase resilience and enhance performance by developing the five dimensions of strength:



Physical

Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.

Emotional

Approaching life's challenges in a positive, optimistic way by demonstrating self-control, stamina and good character with choices and actions.

Social

Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views and experiences.

Spiritual

Strengthening a set of beliefs, principles or values that sustain a person beyond family, institutional and societal sources of strength.

Family

Being part of a family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy and secure environment.

Why should I participate?

The Army recognizes the increased sacrifices that you make on a daily basis. That's why we have designed CSF to provide you with the thinking skills and coping strategies needed to take care of yourself and your Soldier. The program links you with resources and tools available in the military community to build resilience.

How can I participate?

Family members are encouraged to take the Global Assessment Tool to assess their emotional, social, spiritual and family fitness. The GAT provides immediate results with links to tailored self-development training. This training provides a wide range of tools to help you and your Soldier to better communicate with one another, while maximizing your overall potential.

What's in it for me?

Our Army is strong because of the support our Soldiers receive from you. CSF enables you to actively manage physical and psychological challenges in your personal lives, and continue to be the pillar of support behind our Soldiers. The Strength of our Nation depends on it.

