

# The Army's Comprehensive Approach to Building Soldier Strength

The Army's strategy for building strong, combat-ready Soldiers includes focusing on mental, emotional and relational well-being, as well as physical fitness. To enable this comprehensive approach, the Army has multiple facilities on installations that work collaboratively and are dedicated to strengthening the whole Soldier. Learn more about the services the Ready and Resilient Performance Centers, the Armed Forces Wellness Centers and the Holistic Health and Fitness Soldier Performance Readiness Centers provide—and reach out today.

			
	<b>R2 Performance Center</b>	<b>Armed Forces Wellness Center</b>	<b>H2F Soldier Performance Readiness Center</b>
<b>PURPOSE</b> 	<p>The vision of CSF2 is “a Total Army team of physically healthy and psychologically strong Soldiers, Families and DACs whose resilience and total fitness enable them to thrive in the military and civilian sector and to meet a wide range of operational demands.”</p> <p>—AR 350-53</p>	<p>“The primary goal of the AFWC program is to prevent adverse health outcomes, improve overall performance and enhance the self-efficacy of individuals to maintain lifelong healthy behaviors.”</p> <p>—DHA-PH</p>	<p>“In an era of multidomain operations, all Soldiers must be able to fight and win in both defensive and offensive operations that occur without notice. The goal of the Holistic Health and Fitness System is to build physical lethality and mental toughness to win quickly and return home healthy.”</p> <p>—FM 7-22</p>
<b>CORE CONCEPTS</b> 	<p>5 Dimensions of Personal Readiness and Resilience:</p> <ol style="list-style-type: none"> <li>1. Physical</li> <li>2. Psychological</li> <li>3. Social</li> <li>4. Spiritual</li> <li>5. Family</li> </ol>	<p>6 Core Programs:</p> <ol style="list-style-type: none"> <li>1. Health Assessment Review</li> <li>2. Physical Fitness</li> <li>3. Healthy Nutrition</li> <li>4. Stress Management</li> <li>5. General Wellness Education</li> <li>6. Tobacco-free living</li> </ol>	<p>5 Readiness Domains:</p> <ol style="list-style-type: none"> <li>1. Physical</li> <li>2. Mental</li> <li>3. Nutritional</li> <li>4. Sleep</li> <li>5. Spiritual</li> </ol>
<b>SPECIALTIES</b> 	<ul style="list-style-type: none"> <li>▪ Emotional resilience skills based on positive psychology</li> <li>▪ Performance training, including cognitive agility</li> <li>▪ Unit cohesion and team building</li> <li>▪ Master Resilience Trainer Course</li> <li>▪ Academic skills training</li> </ul>	<ul style="list-style-type: none"> <li>▪ Body fat composition testing</li> <li>▪ VO2 max testing</li> <li>▪ Metabolic testing</li> <li>▪ Biometric screening</li> <li>▪ Stress management biofeedback</li> <li>▪ Health education classes</li> <li>▪ Tobacco education</li> </ul>	<ul style="list-style-type: none"> <li>▪ Injury prevention and rehabilitation</li> <li>▪ Strength coaching</li> <li>▪ Nutrition</li> <li>▪ Sleep and mental readiness</li> </ul>
<b>STAFF</b> 	<ul style="list-style-type: none"> <li>▪ Certified Master Resilience Trainers, with backgrounds in counseling or similar fields</li> <li>▪ Performance Experts with backgrounds in sports and performance psychology</li> </ul>	<ul style="list-style-type: none"> <li>▪ Health educators with specialties in: <ul style="list-style-type: none"> <li>-Kinesiology</li> <li>-Strength and conditioning</li> <li>-Athletic training</li> <li>-Nutrition</li> </ul> </li> <li>▪ A supervisory health educator</li> <li>▪ Health promotion technician</li> </ul>	<ul style="list-style-type: none"> <li>▪ Strength and Conditioning Coaches and Athletic Trainers</li> <li>▪ Physical and Occupational Therapists</li> <li>▪ Dieticians and Nutrition Educators</li> <li>▪ Cognitive Performance Specialists</li> <li>▪ Unit Ministry Teams and Chaplains</li> </ul>
<b>EQUIPMENT</b> 	<p>NO SPECIFIC EQUIPMENT</p>	<ul style="list-style-type: none"> <li>▪ BodPod for the body fat composition testing</li> <li>▪ emWave device</li> <li>▪ Treadmill or bike with mask and spirometer for VO2 max testing</li> <li>▪ Equipment for metabolic testing</li> <li>▪ InBody scale</li> </ul>	<ul style="list-style-type: none"> <li>▪ Aerobic equipment, like treadmills and rowers</li> <li>▪ Strength training equipment, like weight machines and free weights</li> <li>▪ InBody scale</li> <li>▪ Deployable &amp; garrison equipment sets</li> </ul>
<b>ELIGIBILITY</b> 	<ul style="list-style-type: none"> <li>▪ Soldiers</li> <li>▪ Army Civilians</li> <li>▪ Army Family members</li> </ul>	<ul style="list-style-type: none"> <li>▪ Soldiers</li> <li>▪ Army Civilians</li> <li>▪ Navy, Marine Corps, Air Force, Space Force, Public Health Service</li> <li>▪ Coast Guard</li> <li>▪ Family members (18 years and older)</li> <li>▪ Retirees</li> </ul>	<ul style="list-style-type: none"> <li>▪ Army units, mainly platoons and companies</li> <li>▪ One-on-ones with unit Soldiers to customize training</li> </ul>
<b>LOCATION</b> 	<p>31 installations. Takes walk-ins and appointments, and can also visit units in the field, or at ranges, PT sites and desired locations in person or online</p>	<p>35 locations globally, including many Army installations</p>	<p>50 brigades currently and rapidly expanding across the entire Army</p>
	<p><a href="http://www.armyresilience.army.mil/ard/R2/R2-Performance-center.html">www.armyresilience.army.mil/ard/R2/R2-Performance-center.html</a></p>	<p><a href="https://ph.health.mil/organization/hpw/Pages/ArmyWellnessCenters.aspx">https://ph.health.mil/organization/hpw/Pages/ArmyWellnessCenters.aspx</a></p>	<p><a href="https://h2f.army.mil/">https://h2f.army.mil/</a></p>
			