

Army Information Update

Because information is power, we are informing you each personally and inspiring you to pass it along.

A new year is a great time to take stock of your fitness... where you are right now and where you'd liked to be in 3, 6, 9 or 12 months. The Army offers many free benefits to elevate your current fitness level. Why not make 2025 the year you check a few out.

FINANCIAL FITNESS

1. Visit [Your Installation's Financial Readiness Program](#)
2. Access online resources through [Financial Frontline](#)
3. Access a [FREE CERTIFIED FINANCIAL PLANNER](#)
4. [Build Financial Wellness in 2025.](#)
5. [MilSpouse Money Mission created](#) specifically for Military Spouses

PHYSICAL FITNESS

1. [See this list of free RESILIENCY RESOURCES & PROGRAMS for](#) Soldiers and Families.
2. Visit an [R2 \(Ready & Resilient\) Performance Center](#) near you!
3. Visit an [Armed Forces Wellness Center for](#) free exercise testing and personal training programs.
4. Find [Free Fitness Centers and Recreation Activities on](#) your Installation.

NUTRITIONAL FITNESS

1. Visit an [Armed Forces Wellness Center for](#) free nutritional education and support.
2. [Expert Nutritional News including](#) healthy meal planning, diet myths & more.
3. [Your Commissary offers](#) great deals, healthy recipes and simple-to-read guides for healthy shopping. Check out [even more nutritional resources through MilitaryOne Source](#)

COMMUNITY CONNECTIONS

1. *SINGLE SOLDIERS!* There are 74 BOSS (Better Opportunities for Single Soldiers) communities Army-wide. [Find Your BOSS Community.](#)
2. *YOUNG FAMILIES!* Find [YOUR YMCA.](#) The Department of Defense has partnered with YMCAs to offer wonderful services and opportunities especially geared toward young families including free gyms, children's programs and hourly childcare in some locations.
3. [Making Healthy Family Connections especially](#) for Army Families
4. Connect with your local community through [BlueStar Neighborhoods](#)
5. Not exactly sure what you're looking for? See this [MilitaryOne Source Search Engine to](#) discover what is available near your installation.
6. Volunteer on your [Army Installation!](#)

Our Goal: Every Army Spouse & Family are Aware of Big Army Information, Efforts, and Initiatives.