

## FITNESS INFORMATION AND HEALTHY LIVING RESOURCES

To jumpstart or changeup your fitness/wellness routine, explore the following links and tips for various healthy living resources:

### **Junior Officer Advisory Group (JOAG):**

The JOAG Readiness and Deployment Workgroup, Officer Health and Fitness Promotion Team, is dedicated to providing junior officers with tips and opportunities to maintain and improve physical fitness to include a U.S. Fitness Events Log. [https://dcp.psc.gov/osg/JOAG/resources\\_getstayfit.aspx](https://dcp.psc.gov/osg/JOAG/resources_getstayfit.aspx)

### **DOD Human Performance Resource Center:**

- <https://www.hprc-online.org/>
  - Contains information and programs for service members and their families re:
    - physical fitness
    - nutrition
    - dietary supplements
    - environment
    - family & relationships
    - mind body
    - total force fitness
    - related alerts and announcements

### **Navy Fitness Resources**

- Sample Workouts: [https://www.public.navy.mil/bupers-npc/support/21st\\_Century\\_Sailor/physical/Pages/SampleWorkouts.aspx](https://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/Pages/SampleWorkouts.aspx)
- ShipShape Weight Management Program for active duty and reserve military service members, beneficiaries, and government civilians: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/shipshape.aspx>

### **Army Fitness Resources**

ArmyFit---Must use CAC card to log on, then click: "Continue to Website"; click on "OK"; followed by "Websites accepting DS Logon" tab; then select "ArmyFit" and sign up.

- Comprehensive Soldier & Family Fitness (CSF2) is designed to build resilience and enhance performance of the Army family: soldiers, their families, and Army civilians. CSF2 does this by providing training and self-development tools so that members of the Army family are better able to cope with adversity, perform better in stressful situations, and thrive in life. Consistent with the components of Total Force Fitness identified by the Department of Defense, CSF2 focuses on Five Dimensions of Strength: Social, Emotional, Family, Spiritual, and Physical.  
<https://armyfit.army.mil/Protected/>
- Physical Readiness Training: <http://www.armyprt.com/index.shtml>

### **Additional Tips**

- Check out your nearest military installation's gym for access to equipment and fitness classes, as well as outdoor running tracks.
- Find out if your agency has a gym on site.
- Take "fresh air" breaks throughout your day for a brisk walk.
- Participate in community walking events and races.