

**TOTAL FORCE FITNESS FOR THE 21st CENTURY  
A NEW PARADIGM**

**Guest Editors:**

**Wayne B. Jonas, Francis G. O'Connor, Patricia  
Deuster, and Christian Macedonia**

<http://www.siib.org/news/1099-SIIB/version/default/part/AttachmentData/data/Total%20Force%20Fitness%20for%20the%2021st%20Century--A%20New%20Paradigm.pdf>

# MILITARY MEDICINE

VOLUME 175

AUGUST 2010

SUPPLEMENT

## TOTAL FORCE FITNESS FOR THE 21st CENTURY A NEW PARADIGM

Guest Editors:

Wayne B. Jonas, Francis G. O'Connor, Patricia Deuster, and Christian Macedonia

### THE CHARGE: HUMANS ARE THE MOST IMPORTANT ASSET

- On Total Force Fitness in War and Peace** 1  
ADM Michael Mullen, Chairman of the Joint Chiefs of Staff
- Current Department of Defense Guidance for Total Force Fitness** 3  
COL Beverly C. Land, MC USA
- Why Total Force Fitness?** 6  
LTC Wayne B. Jonas, MC USA (Ret.); COL Francis G. O'Connor, MC USA; Patricia Deuster, PhD, MPH;  
Jonathan Peck, PhD; CAPT Caron Shake, MSC USN (Ret.); CAPT Stephen S. Frost, MC USN (Ret.)

### THE DOMAINS OF TOTAL FORCE FITNESS

- Physical Fitness** 14  
MAJ Tanja C. Roy, SP USA; COL Barbara A. Springer, SP USA; MAJ Vancil McNulty, SP USA;  
LTC Nikki L. Butler, SP USA
- Psychological Fitness** 21  
Mark J. Bates, PhD; COL Stephen Bowles, MS USA; Jon Hammermeister, PhD; Charlene Stokes, PhD;  
Evette Pinder, MPH; Monique Moore, PhD; Matthew Fritts, MPH; CDR Meena Vythilingam, USPHS;  
MAJ Todd Yosick, MS USA; Jeffrey Rhodes, DMin; LTC Craig Myatt, MS USA; CAPT Richard Westphal, NC USN;  
David Fautua, PhD; CAPT Paul Hammer, MC USN; LTC Greg Burbelo, MS USA
- Behavioral and Occupational Fitness** 39  
Robert M. Bray, PhD; James L. Spira, PhD; Kristine Rae Olmsted, MSPH; CPT Joseph J. Hout, MS USA
- Medical and Environmental Fitness** 57  
COL Francis G. O'Connor, USA MC; Patricia A. Deuster, PhD, MPH; David W. DeGroot, PhD;  
MAJ Duvell W. White, MS USA
- Nutritional Fitness** 65  
Scott J. Montain, PhD; Christina E. Carvey, MS, RD; CAPT Mark B. Stephens, MC USN
- Spiritual Fitness** 73  
David J. Hufford, PhD; Matthew J. Fritts, MPH; Jeffrey E. Rhodes, DMin
- Social Fitness** 88  
Ian Coulter, PhD; CPT Paul Lester, USA; LTC Jeffrey Yarvis, USA
- Family Fitness** 97  
CAPT Richard J. Westphal, NC USN; Kirsten R. Woodward, MSW

### EVALUATING TOTAL FORCE FITNESS

- Program Evaluation of Total Force Fitness in the Military** 103  
Joan A. Walter, PA; Ian Coulter, PhD; Lara Hilton, MPH; Amy B. Adler, PhD; LTC Paul D. Bliese, MSC USA;  
Maj Rena A. Nicholas, USAF BSC
- A Survey of Multidimensional Health and Fitness Indexes** 110  
Kimberly M. Firth, PhD; Katherine Smith, MPH

### LOOKING BACK AND LOOKING FORWARD

- Lessons Unlearned, Education Forfeited: Military Hygiene Enters the 21st Century** 118  
COL Stephen C. Craig, MC USA (Ret.)
- The Principal Challenge of Realizing Total Force Fitness: Changing Our Readiness Culture** 124  
BG Michael Rounds, USA (Ret.)