

*"This training has transformed the way I think of all aspects of my life. I personally have been in a slump in certain areas of both my personal and professional life. This training has truly been a blessing for me, 'my good stuff'."*

*SFC Thomasine Isler,  
Master Resilience Trainer*

*"This program is long overdue! Building resilience, strong relationships, effective communication, capitalizing on one's strengths and becoming aware of weaknesses will only result in a more sound, well-grounded and healthier Soldier."*

*SFC Paula LeBov,  
Master Resilience Trainer*



**Spiritual**

## COMPREHENSIVE SOLDIER FITNESS

STRONG MINDS ★ STRONG BODIES

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ARMY STRONG.™

BROCHURE UPDATE ★ VERSION 3



## COMPREHENSIVE SOLDIER FITNESS

STRONG MINDS ★ STRONG BODIES

*"The Comprehensive Soldier Fitness program is a well-designed, well-rounded, evidence-based program that focuses on five important dimensions to increase resilience and enhance performance."*

*MAJ Scott Stokoe,  
Master Resilience Trainer*

*"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*



**Emotional**



## What is Comprehensive Soldier Fitness?

Comprehensive Soldier Fitness represents the Army's investment in readiness of the force and 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 uses individual assessments, tailored virtual training, classroom training and embedded resilience experts to provide Soldiers with the critical skills needed to take care of themselves, their Families and their teammates in this era of persistent conflict.



**Family**

## Why is CSF important?

CSF marks a new era for the Army by equipping and training Soldiers to maximize their potential, and face the physical and psychological challenges of sustained operations. We are committed to a true prevention model that enhances Soldier resilience and coping skills by enabling them to grow and thrive in today's Army.

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



**Physical**

### 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.

## Key Program Elements

### Global Assessment Tool

Provides Soldiers with their 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>.

### Comprehensive Resilience Modules

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

### Master Resilience Training

A 10-day course designed to train Soldiers in critical thinking that will increase a person's optimism, self-awareness and mental agility.

### Sustainment Resilience Training

Builds Soldiers' inner strength to face adversity, fear and hardship with courage and confidence. Training is implemented during pre-deployment, deployment and post-deployment phases (deployment cycle training). Training will be implemented throughout a Soldier's career, even through senior leadership training. Sustainment training is also incorporated into Military life-cycle training through TRADOC courses.



**Social**



**Strong ★ Resilient ★ Trained**