

## Overview



- **Program Objective:** To improve and sustain the resilience of soldiers and their families through positive behavior change
- **Point of Contact:** OSD/MC&FP
- **Total Force Fitness Domains:** Behavioral, Psychological, Physical, Nutritional

## Program Description



Warrior Well is a commercial off the shelf program being implemented by Cambia Health Solutions that is designed specifically to improve and sustain the resilience of soldiers and their families. Positive behavior change in participants is achieved through applied team training in mindfulness, sleep hygiene, physical fitness, and balanced nutrition.

## Anticipated Impact on Population Health at Installation



Improvements are expected in body mass, body composition, AFPT scores – which directly impacts readiness/deployability, healthy eating habits, and maintaining a healthy weight.

## Performance Measures



- Number of personnel who pass the APFT divided by the number of personnel who take the APFT. This will be a pre & post measure

## Additional Information