

Physical Pillar Resource Links

[2009 Army Posture Statement: Comprehensive Soldier Fitness Program](#) : An information paper from 2009 about the Comprehensive Soldier Fitness Program.

[Army Physical Fitness Research Institute](#) APFRI was designated as part of a comprehensive physical fitness system to promote a philosophy that soldiers and leaders must be committed to an improved lifestyle through physical fitness.

[Human Performance Resource Center](#) The Human Performance Resource Center (HPRC) is a DoD initiative under the Force Health Protection and Readiness Program. The HPRC serves as an educational clearinghouse that focuses on Human Performance Optimization. The Human Performance Resource Center (HPRC) collects, organizes, and disseminates the most current information available on all aspects of human performance. The focus is to gather, organize, categorize, and summarize actionable information related to the maintenance, optimization, and enhancement of human performance, in training and on the battlefield.

[Soldier Fitness Tracker \(AKO Login Required\)](#) Provides a link to taking the Global Assessment Tool (GAT) for Soldiers

[Soldier Fitness Tracker - Family](#) Provides a link to taking the Global Assessment Tool (GAT) for Family members.

[Soldier Fitness Tracker - DA Civilian \(AKO Login Required\)](#) Provides a link to taking the Global Assessment Tool (GAT) for DA Civilians.

Military One Source- Health and Wellness Coaching

<https://www.militaryonesourceeap.org/achievesolutions/en/militaryonesource/Content.do?contentId=27178>

SM gets 12 sessions; Sessions are online, but SM can coordinate phone calls if the Wellness Coach agrees; Initial Screening session spells out boundaries for the plan and discusses goals with the SM (SM on meds for mental health, depression, anxiety, etc. are not allowed to participate); SM can end coaching at any time i.e. goals have been reached; Wellness coaching available to family members as well, so long as they are at least 18 yrs old; All of this is at **NO COST** to SM.

www.bodybuilding.com

Offers free online workout plans for everyone, regardless of gender or physical fitness level; website has self-explanatory directions on how to access the program that fits your needs.

Veterans Affairs MOVE Weight Loss Program

The VA MOVE program is nationwide and can be accessed at any VA Facility. VA representatives will guide the SM through a comprehensive physical fitness and nutrition/diet plan that is tailored to the individual SM. SM will work with the MOVE representatives , and their VA health provider, in order to develop a plan that is suited to them, in order to lose weight and improve physical fitness. **NOTE: IN ORDER TO QUALIFY FOR THIS PLAN, YOU MUST HAVE BEEN TITLE 10 FOR DUTY OTHER THAN TRAINING (i.e. deployment, prior active duty).**

<http://www.move.va.gov/default.asp>

Veterans Affairs Nutritional Guidance

The VA offers Nutritional Guidance to Soldiers in need of a dieting plan to lose weight in a healthy manner. This 12 week program features hands on, individualized guidance for every body type. Communication can be by phone, internet, or VTC. After contacting the Clinical Manager, you will be assigned to a Dietary Specialist who will help you develop an eating plan. Cooking demonstrations are available. **Clinical Manager- Dianne Longerbone- (317) 988-2853**