



HUMAN PERFORMANCE RESOURCES by CHAMP | HPRC-online.org

Total Force Fitness Resources

Expand your Holistic Health and Fitness (H2F) network by filling in this list with referral information. Call on these resources on the page below when your Soldier expresses a need or could benefit from information or consultation for any of these H2F domains.



MENTAL READINESS



NUTRITIONAL READINESS



PHYSICAL READINESS



SLEEP READINESS



SPIRITUAL FITNESS

OTHER RESOURCES



Total Force Fitness Resources

HUMAN PERFORMANCE OPTIMIZATION AND TOTAL FORCE FITNESS

Human Performance Resources by CHAMP (HPRC)
hprc-online.org

MENTAL FITNESS

Human Performance Resources by CHAMP (HPRC)
hprc-online.org/mental-fitness/mental-health

Master Resilience School (Army)
usacimt.tradoc.army.mil/LTB/AMRS/index.html

Psychological Health Center of Excellence
health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence

NUTRITIONAL FITNESS

Human Performance Resources by CHAMP (HPRC)
hprc-online.org/nutrition/performance-nutrition

Go for Green®
hprc-online.org/nutrition/go-green

Operation Supplement Safety (OPSS)
OPSS.org

PHYSICAL FITNESS

Human Performance Resources by CHAMP (HPRC)
hprc-online.org/physical-fitness/training-performance

Master Fitness Trainer Course (Army)
army.mil/standto/archive_2014-08-25

SOCIAL FITNESS

Human Performance Resources by CHAMP (HPRC)
hprc-online.org/social-fitness/family-optimization

Military Family Learning Network Family Development
militaryfamilieslearningnetwork.org/family-development

Family Transitions
militaryfamilieslearningnetwork.org/family-transitions

Military Kids Connect
militarykidsconnect.health.mil

Military OneSource
militaryonesource.mil

SPIRITUAL FITNESS

Human Performance Resources by CHAMP (HPRC)
hprc-online.org/mental-fitness/spiritual-fitness

Chaplain Links
dla.mil/HQ/Chaplain/Business

OTHER RESOURCES

A Head for the Future (TBI awareness)
health.mil/About-MHS/OASDHA/Defense-Health-Agency/Research-and-Development/Traumatic-Brain-Injury-Center-of-Excellence/A-Head-for-the-Future

ArmyFit (Army)
armyfit.army.mil

Army Public Health Command
phc.amedd.army.mil/

Building Healthy Military Communities
militaryonesource.mil/national-guard/building-healthy-military-communities/about-bhmc/

Performance Triad (Army)
p3.amedd.army.mil

PsychArmor Institute
psycharmor.org

Ready and Resilient (Army)
armyresilience.army.mil/ard/R2-home.html

Real Warriors Campaign
health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Real-Warriors-Campaign