



MARINE CORPS TOTAL FITNESS

Modern Day Marine 2024



MARINE CORPS TOTAL FITNESS: OVERVIEW

Marine Corps Total Fitness (MCTF) delivers Warrior Readiness and Resilience through an integrated system that invests in prevention and skill-building efforts to optimize warfighter performance, readiness, lethality, and resilience. Total Fitness optimizes Service-wide force longevity and performance through holistic human performance programs designed to strengthen the Force and Family.

- MCTF enables Marines, units, and families to strengthen core performance in any environment and recognize what supports—and hinders—their overall wellness and ability to perform.
- MCTF defines what it means to be healthy and can help strengthen the whole Marine and the Marine's family, a benefit throughout the career continuum.
- MCTF invests in strengthening prevention. Its domains are interconnected and mutually supporting, equipping commanders with a seamless system to boost readiness.
- Fitness of mind promotes self-confidence and adaptability. Fitness of spirit provides a sense of purpose and endurance. Social fitness creates positive interactions and a sense of connectedness with others. Fitness of body allows Marines to focus on the mission, assist others in need, and display healthy mental toughness when circumstances get rough.
- Department of Defense Instruction 1010.10 also keeps nutritional fitness, financial fitness, medical (and dental) preventive care, and environmental fitness on the radar, along with the critical factor of sleep.



MARINE CORPS TOTAL FITNESS: SOCIAL

Social Fitness builds and maintains healthy, positive relationships with peers, unit leaders, friends, family members, and members of the community. Includes being kind and respectful to others and being able to forgive self and others.

- The holistic health of Marines is impacted by the kinds of relationships they have. A strong social network and feeling connected to others helps to better face life's challenges. In addition, retention is at risk when Marines do not feel connected to the unit or organization.
- At the individual level, social fitness includes awareness of self and others, appreciating and navigating cultural differences, expressing concern and respect for others, and understanding the challenges Marines and their families overcome.
- Social support from peers, family, friends, and community fosters connectivity and assists in coping with the stressors of military life.
- Marines strengthen their resilience through engagement with trust peers to master challenges, endure hardships, and experience success together. Likewise, Marines draw strength from following officers and noncommissioned officers who have earned trust through their competence and devotion to unit members.
- Socially resilient Marines embrace trust in others, knowing there is strength in cohesion. They also embrace the challenge of proving themselves trustworthy to others by practicing accountability, follow-through, and integrity.
- Leadership, mentorship, and organizational culture play key roles in enhancing and sustaining social fitness.



MARINE CORPS TOTAL FITNESS: SPIRITUAL

Spiritual Fitness develops and engages in life's meaning and purpose. Hopeful and positive about life and the future. Ability to make sound moral and ethical decisions, respecting others, expressing gratitude, able to forgive self and others, engaging in core values and beliefs, and connecting to something larger than oneself.

- Spiritual fitness is built on a foundation of values and ethics that guide Marines toward appropriate decisions at the right time—in combat, in garrison, and in their personal lives.
- The Marine Corps' core values of honor, courage, and commitment define how all Marines think, act, and fight.
- Spiritual fitness contributes to mental, emotional, and physical well-being by providing a source of inner strength, resilience, and perspective.
- Spiritually resilient Marines do what's right, not what's easy. Doing what's right increases strength of character and spirit. Embracing what is right starts with embracing personal values and the Marine Corps' core values.
- Humor and laughter are central to a meaningful life and help Marines endure the inevitable tough times and build connectedness.
- Spiritual fitness is not directly tied to a particular belief system or religious practice, but participating in an organized religion may be part of someone's spiritual identity.



MARINE CORPS TOTAL FITNESS: MENTAL

Mental Fitness engages healthy thinking and behaviors and builds strong intellectual and emotional habits. Included are mindset, attitudes, and practices to help manage various stressors to optimal performance.

- Mentally fit Marines acknowledge stress, develop methods to mitigate stressors, proactively seek assistance, eliminate stigma around seeking help, help other Marines, have strong and healthy relationships with family and friends, and invest in family and work requirements.
- They adapt knowledge and skills to new situations, which requires intelligence, creativity, and self-confidence—all traits to be strengthened to promote peak function and resilience.
- Self-knowledge and self-assuredness are keys to effective and consistent mental strength. Persistent training improves focus and concentration, allowing Marines to perform at their best under pressure.
- Mentally resilient Marines embrace life-long personal and professional learning, knowing it leads to faster decision-making under stress, a strong mindset, and the ability to solve complex problems.
- Building individual and unit mental fitness reduces the likelihood of impairment, mental injury, and illness. Social fitness and spiritual fitness are also required to achieve and maintain optimal mental fitness.



MARINE CORPS TOTAL FITNESS: PHYSICAL

Physical Fitness develops functional strength, agility, aerobic capacity, endurance, mobility, and a well-rounded fitness program. Possessing the knowledge, skills, attitudes, and resources necessary to build and sustain optimum performance, and avoid injury or rehabilitate injuries.

- Exercise benefits all four domains of fitness. For example, research shows exercise and physical activity enhances mood and reduces depression, anxiety, and suicidal behaviors.
- Physically fit Marines perform mission tasks and remain mission capable. Nutrition, sleep, and overall recovery strategies are also critical.
- Physical wellness and fitness are critical for an optimal response to a threat. Strengthening the body for effective coping and resilience includes the requisite physical skills, strength, endurance, and other attributes needed to mount an effective response and to counter a particular threat.
- Eating to fuel optimal performance and sleeping to maximize recovery are essential elements of holistic physical fitness.
- Fitness/performance centers are the most highly patronized facilities aboard installation and can be leveraged to engage Marines and families with information, programs, and professionals to strengthen all domains of fitness.



MARINE CORPS TOTAL FITNESS: WARRIOR ATHLETE READINESS AND RESILIENCE (WARR)



MCTF delivers core health, wellness, prevention, and performance capabilities that are available to Marines and families across the enterprise through WARR. The prevention-based focus of MCTF and WARR is an opportunity for a large return on investment by reducing the need for medical care for musculoskeletal, cardiovascular, endocrine, and psychological injury, disease, and tragedy.

MCTF and WARR programs meet Marines and families where they work, train, play, and naturally congregate (out of the office).

MCTF IS:

- Establishing professional performance teams to support Marines, units, and families in all domains of fitness – social, spiritual, mental, and physical.
- Establishing WARR Performance Centers to consolidate health, wellness, prevention, and performance capabilities.
- Expanding mobile and virtual capabilities for Marines and their families in remote and isolated conditions.



MARINE CORPS TOTAL FITNESS: STRATEGIC LEVEL

Marine Corps Total Fitness (MCTF) delivers Warrior Readiness and Resilience through an integrated system that invests in prevention and skill-building efforts to optimize warfighter performance, readiness, lethality, and resilience.

LOE 1: INTEGRATED, CAPABILITY-BASED FRAMEWORK

Assess current organizational structure.	Evaluate staffing processes and strategies.	Analyze existing facilities and equipment to assess opportunities for modernization, reconfiguration, and improvement and to determine MCTF performance center requirements.
--	---	--

LOE 2: POLICIES AND PRACTICES

Conduct gap analysis of current policies.	Develop measures for each domain.	Decrease redundancy across programs.	Share best practices.
---	-----------------------------------	--------------------------------------	-----------------------

LOE 3: TRAINING AND EDUCATION

Conduct gap analysis of MCTF training and education (T&E).	Design updated T&E standards in line with MCTF.	Develop tactical publication on MCTF.	Develop reference publications for each domain.
--	---	---------------------------------------	---

ONGOING EFFORTS

Conduct MCTF pilot at select USMC locations.	Develop MCTF MCO.	Develop tactical publication on MCTF.	Strengthen integrated prevention efforts through MCTF.
--	-------------------	---------------------------------------	--

END STATE

Integrative wholeness, resiliency, self-awareness, and self-optimization among our Marines through enhanced fitness in the four domains.

