

What is Comprehensive Soldier and Family Fitness?

Comprehensive Soldier and Family Fitness (CSF2) is designed to **build resilience** and **enhance performance** of the Army Family -- Soldiers, their Families, and Army Civilians. CSF2 does this by providing **training** and **self-development tools** so that members of the Army Family are better able to **cope with adversity**, **perform better in stressful situations**, and **thrive in life**.

CSF2 also has **Training Centers** located across the United States. These Training Centers provide **Resilience** and **Performance Enhancement Training** where it is needed most – **at Army installations**.

CSF2 is an integral part of the Army's **Ready and Resilient Campaign**, a campaign that promotes physical and psychological fitness, and **encourages personal** and **professional growth**. Scientific research shows that **resilience can be taught**, and resilient Soldiers, Families members, and Army Civilians perform better, which results in **improved unit readiness** and **better lives**.

"Soldiers are, and will always be, the centerpiece of our Army. The readiness and resilience of our Soldiers, Civilians, and Family members is dependent on their physical, mental, and emotional fitness."

– Army Chief of Staff Gen. Ray Odierno

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COMPREHENSIVE SOLDIER & FAMILY FITNESS

BUILDING RESILIENCE ★ ENHANCING PERFORMANCE

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How can I start building my resilience and enhancing my performance today?

Take the **GAT 2.0**



Take the Global Assessment Tool 2.0 (mandatory for Soldiers, encouraged for Family members and Army Civilians) by visiting:

<http://csf2.army.mil/takethegat.html>

Engage in **ArmyFit™**



Upon completion of the GAT 2.0, engage in online self-development automatically recommended to you based on your individual GAT 2.0 score. Engage in ArmyFit™ by visiting:

<https://armyfit.army.mil>

Find a CSF2 **Training Center**



CSF2 has Training Centers located across the United States. These Training Centers provide Resilience and Performance Enhancement Training where it is needed most – at Army installations. Learn more by visiting:

<http://csf2.army.mil/training-centers.html>

What are the main components of CSF2?

ONLINE SELF-DEVELOPMENT



Global Assessment Tool (GAT) 2.0

A survey tool for Soldiers, Family members and Army Civilians to confidentially assess their physical and psychological health based on five dimensions of strength: emotional, social, spiritual, family, and physical fitness.

ArmyFit™

CSF2's interactive, online training environment for personal development in all five dimensions of strength.



What are others saying about Comprehensive Soldier and Family Fitness?



"The Comprehensive Soldier and Family Fitness program provides education, skills, and resources needed to be successful. Its goal is to help us all be physically healthy and psychologically strong. Through this program, the Army is committed to investing in our most precious asset - our people."

- Sgt. Maj. of the Army Ray Chandler III

TRAINING



Master Resilience Trainers (MRTs)

Serve as Commanders' advisors for resilience training. Graduates of an intensive 10-day resilience course, these Soldiers, Army Civilians, and Army spouses (statutory volunteers) are the only personnel authorized to conduct formal Resilience Training to members of the Army Family.

Performance Enhancement

Teaches Soldiers, Family members, and Army Civilians the mental and emotional skills to strengthen their minds and perform at their best when it matters most: in combat, healing after an injury, or managing work and home life.



Institutional Resilience Training

Resilience Training provided at every major level of the Army education system, from basic training to the War College.



METRICS & EVALUATION

Metrics & Evaluation

Through research with the support of various internal and external organizations, CSF2 has been able to scientifically validate its effectiveness. CSF2 is always analyzing the program and ensuring program efficacy.



"This training is fantastic for Family members, because we go through moves, we go through having to meet new friends at a new duty station, we go through our husband or our wives deploying, our kids going to school and not understanding deployments, and so it teaches communication skills and coping mechanisms for dealing with those everyday situations."

- Spouse during pilot MRT course, Ft. Campbell



"Absolutely life changing. [The Master Resilience Trainer course] has taught me how to build better relationships, how to be a leader. I can't emphasize how amazing it is."

- Spouse during pilot MRT course, Ft. Campbell

"I'm in charge of about 25 Soldiers and can identify previous situations and things that happened in the past and look back and think, 'I could have handled that differently had I had this training before.' I've learned more in the past (two weeks) that I have in two years."

- Staff Sgt. Brooke Howard, Master Resilience Trainer

