



HPRC

HPRC-ONLINE.ORG

The Human Performance Resource Center is a Department of Defense initiative. HPRC's evidence-based information empowers warriors with knowledge about physical fitness, extreme environments, mental resilience, nutrition, dietary supplements, and relationships—all the pieces of the puzzle that make up Total Force Fitness.

NUTRITION | *FOOD FUELS performance, and the right food can put you at the cutting edge of mental and physical performance. You'll find the resources below and others at hprc-online.org/nutrition.*

- COMRAD: COMBAT RATIIONS DATABASE
- GO FOR GREEN®
- PERFORMANCE NUTRITION
- FIGHTING WEIGHT STRATEGIES



DIETARY SUPPLEMENTS | *TO BE at the top of their game, service members often turn to dietary supplements. For information on safe and responsible use, go to hprc-online.org/dietary-supplements.*

- OPERATION SUPPLEMENT SAFETY
- NATURAL MEDICINES COMPREHENSIVE DATABASE



ENVIRONMENT | *WHETHER you deploy near or far, find information on staying safe in extreme environmental conditions at hprc-online.org/environment.*

- HEAT, COLD, ALTITUDE, DIVING, AEROSPACE, & GEAR



PHYSICAL FITNESS | *MILITARY READINESS requires training practices that maintain performance, prevent injury and illness, and speed recovery. Find all these and more at hprc-online.org/physical-fitness.*

- Rx3: REHAB, REFIT, RETURN TO DUTY
- INJURY PREVENTION
- TRAINING & EXERCISE



FAMILY & RELATIONSHIPS | *A STRONG support system of family and friends is crucial to health and performance. Build support with the tools at hprc-online.org/family-relationships.*

- RELATIONSHIP ENHANCEMENT
- FAMILY RESILIENCE



MIND TACTICS | *MENTAL FITNESS is essential to optimal performance. Keep your mind as fit as your body with resources at hprc-online.org/mind-tactics.*

- MIND-BODY SKILL & MENTAL RESILIENCE
- SLEEP OPTIMIZATION
- STRESS MANAGEMENT
- ALCOHOL, TOBACCO, AND DRUGS



PAIN MANAGEMENT | *THIS SPECIAL section addresses methods to help service members cope with the pain of injury or illness. Learn more at hprc-online.org/total-force-fitness.*

ASK THE EXPERT | *CAN'T FIND it on our website? Ask one of HPRC's experts at hprc-online.org/ask-the-expert.*

