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Command Emphasis on Comprehensive Soldier and Family Fitness

The Army has some of the most combat-seasoned professional forces in our Nation's history. While our Soldiers remain "the Strength of the Nation," the long-term high level of operational demand has placed significant stress on our all-volunteer force. In response, the Army implemented the Comprehensive Soldier and Family Fitness (CSF2) program to help leaders enhance unit readiness and to support the ability of Soldiers, Families and Department of the Army Civilians to meet the demands of military life.

Nearly three decades of scientific research support the CSF2 program and its goals of enhancing individual strengths and providing cognitive tools to facilitate success in challenging situations. A preliminary assessment of the program's impact shows that CSF2's Resilience Training Program is effective in increasing psychological fitness, reducing negative behavior and increasing optimism.

Command support and participation at all levels are of paramount importance to the long-term success of the CSF2 program. Initial assessments clearly show that the success of CSF2 is directly attributable to command support. Dedicating extended blocks of time for resilience training is ideal; however, this training also works well if incorporated into daily and weekly individual and unit activities-from Monday morning physical training, to the Family Readiness Group meeting, to Friday's closeout safety brief. Your help in maximizing the positive impact of this training is critical to the success of our Army, your unit and, most importantly, to our Soldiers.

The CSF2 program is an enduring effort, committed to developing an Army culture of total fitness and increased psychological health. We commend the hard work you, as leaders, have put forth to implement CSF2 and encourage you to continue pursuing initiatives within your command that support total fitness across the Army. Army Strong!

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