

MARINE CORPS TOTAL FITNESS

THE FOUR DOMAINS OF FITNESS

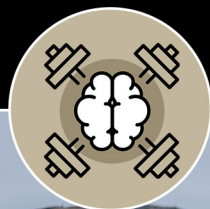


Marine Corps Total Fitness is a conceptual framework used to align resources to optimize warfighting readiness, lethality, and resilience of the Marine Corps, while supporting family and community well-being. This framework focuses on the four domains of fitness: Physical, Mental, Spiritual, and Social.



PHYSICAL FITNESS

The ability to physically accomplish all aspects of Mission Essential Tasks (METs) while remaining mission capable and avoiding injury.



MENTAL FITNESS

The ability to face challenging and unpredictable situations with an increased ability to reset mentally.



SPIRITUAL FITNESS

The ability to live in a way that aligns with personal faith, internal foundational values, and moral living. Not necessarily derived from a religion.



SOCIAL FITNESS

The ability to create, engage, and maintain productive personal and professional relationships.

To learn more about MCTF visit:

www.usmc-mccs.org/news/why-marine-corps-total-fitness

or connect with your local Semper Fit team.

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