

HEALTH, WELLNESS, & PERFORMANCE

THE FOUR DOMAINS OF FITNESS



Health, Wellness, and Performance 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: Social, Physical, Mental, and Spiritual.



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.

For more information, please visit your local: **Semper Fit**

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