



SPIRITUAL FITNESS



"Today, Marine Corps Total Fitness requires us to be physically, mentally, socially, and spiritually fit. Marines and Sailors find greater strength from looking beyond themselves to higher, more enduring sources of meaning and purpose. "

-Eric M. Smith, General

MARINE CORPS TOTAL FITNESS

- (a) CJCSI 3405.01, Chairman's Total Force Fitness Framework
- (b) ALMAR 027/20, Resiliency and Spiritual Fitness
- (c) ALMAR 020/24, Spiritual Fitness
- (d) MCO 1500.61, Marine Leader Development



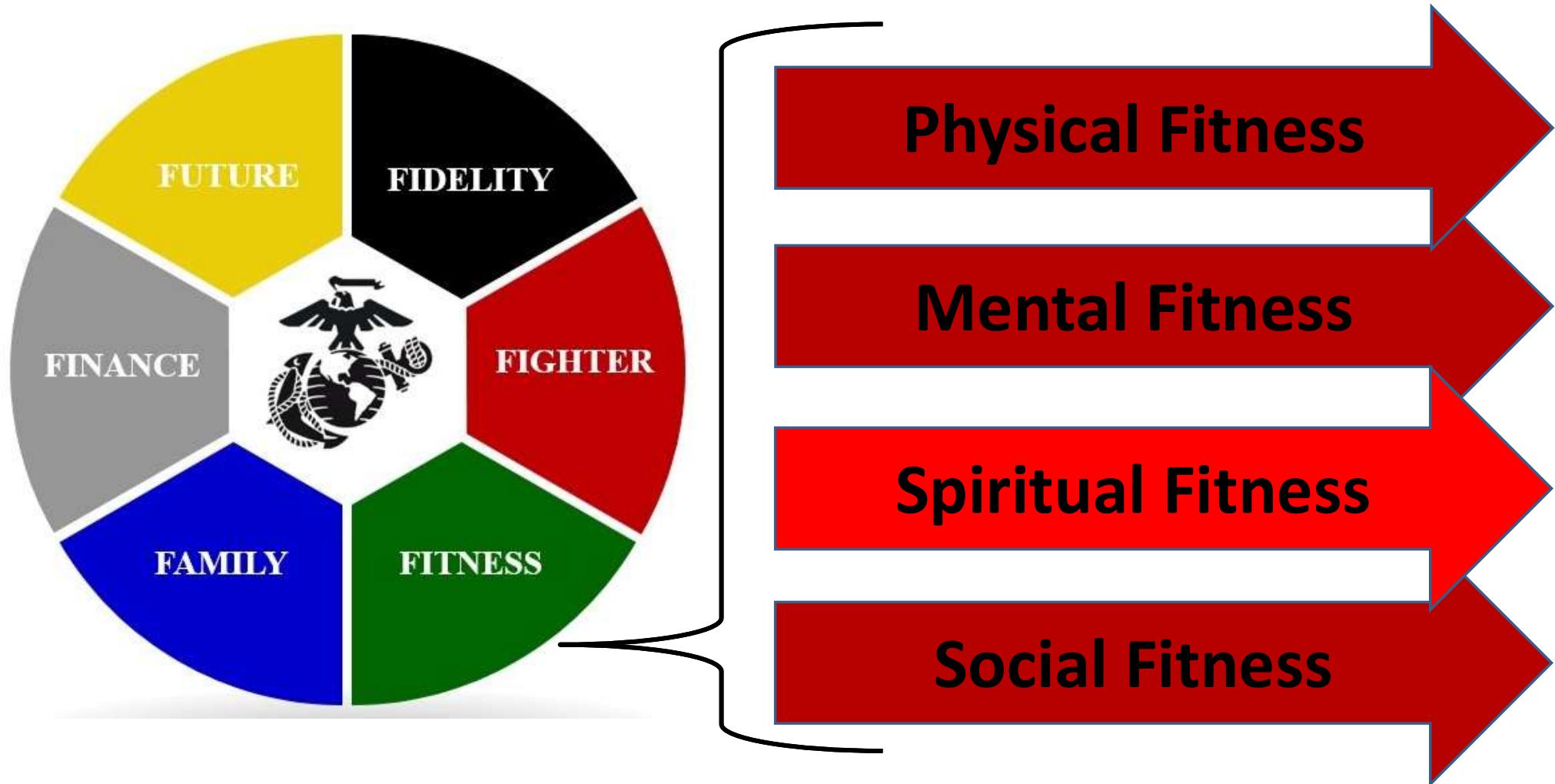
CJCSI 3405.01 Goals

- Resiliency Under Stress
- Living With Integrity
- Mission Readiness***

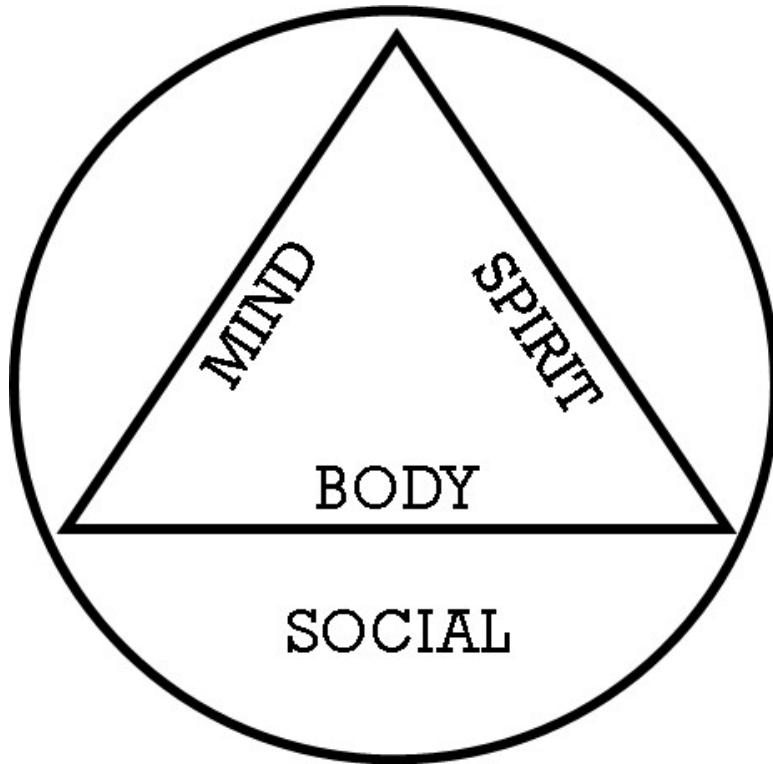
***“How we live
is how we will fight”***



MARINE LEADER DEVELOPMENT - MCO 1500.61



MARINE CORPS TOTAL FITNESS



“The concept of ***Human Performance*** combines the four domains of fitness into a synergistic approach that empowers warfighters, and optimizes their performance. While the importance of physical, mental, and social fitness are more recognizable, **spiritual fitness** is just as critical, - ALMAR 027/20 David H. Berger, General, Commandant

“Marines develop strong mental, moral, **spiritual**, and ethical understanding because they are as important as physical skills when operating in the violence of combat.” – MCDP-7



MARINE CORPS TOTAL FITNESS

PHYSICAL

**Gym, Physical Therapy,
Sleep, Diet, Endurance**

SOCIAL

**Communication Skills, Family
Relationships, Emotional
Intelligence, Teamwork**

SPIRITUAL

**Purpose, Identity, Personal Values,
Faith, Morality, Connection**

MENTAL

**Stress Training, Time Management,
Training, Personal Discipline,
Education**



THE SPIRITUAL FITNESS MODEL

“INNER STRENGTH FROM HIGHER PURPOSE”

Spiritual Fitness Definition:

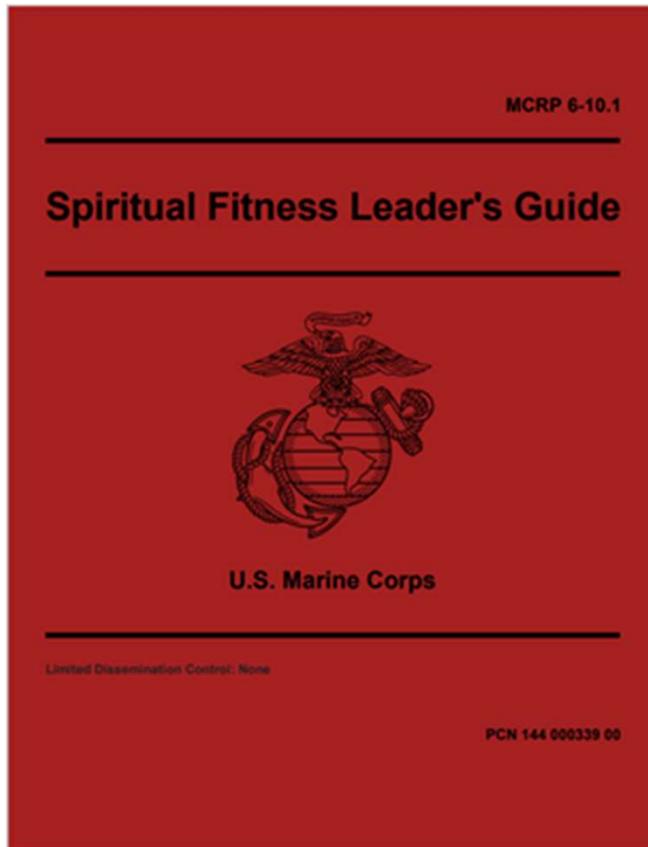
Spiritual Fitness is the identification of **personal faith, foundational values, and moral living** from a variety of sources and traditions that help Marines live out Core Values of Honor, Courage, and Commitment, live the warrior ethos, and exemplify the character expected of a United States Marine (Marine Corps Human Performance/Resilience website).

“There is no substitute for the spiritual in war.”
General John A. Lejeune



MCRP 6-10.1

SPIRITUAL FITNESS LEADER'S GUIDE



MCRP 6-10.1 SF LEADER'S GUIDE

4 STEPS

- 1 RECOGNIZE YOUR INFLUENCES**
- 2 EXERCISE 3 ELEMENTS**
 - A PERSONAL FAITH
 - B FOUNDATIONAL VALUES
 - C MORAL LIVING
- 3 ASSESS FITNESS LEVEL**
- 4 TAKE CORRECTIVE ACTION**



Spiritual Fitness Infographic

Spiritual Fitness

Identification of personal faith, foundational values, and moral living from a variety of sources and traditions help Marines live out Core Values of Honor, Courage, and Commitment, live the warrior ethos, and exemplify the character expected of the United States Marine



1. Recognize My Influences

Every individual who earns the title United States Marine brings with them **a unique set of influences that impact daily decisions**. These influences generally fall into two categories: Internal and external.



2. Exercise Three Elements

Step 2 is to decide how I will exercise the three elements of spiritual fitness.



Personal Faith

Belief or trust in self and / or relationship with someone or something greater than one's self.

What do you place your trust in?

- Self (abilities)
- Higher Self (intrinsic worth)
- Family
- Friends
- Unit
- Marine Corps
- Country
- Human Spirit
- Faith Community
- God/ Higher Power

RESULTS:
Connection
Stability
Hope and
Confidence



Foundational Values

Values will guide choices, actions, and character displayed on and off duty.

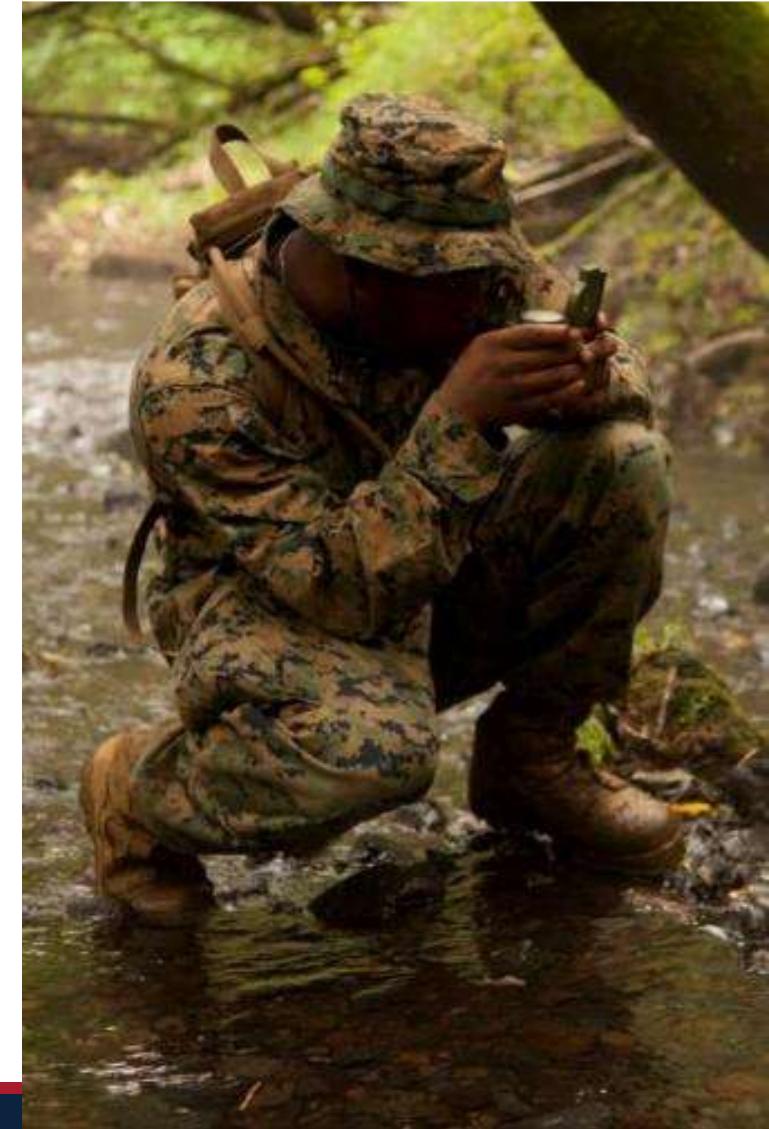
- See the Big Picture
(Meaning)
- Understand the Terrain
(Values)
- Chart a Course
(Purpose/Mission)



Moral Living

The sources of moral living and decision making can impact daily decision making and actions.

- What do I need to do every day to get where I want to go?
- What do I need to avoid that might throw me off course?
- How do I live a good, honorable life?



3. Decide My Fitness Level

Review the seven indicators of Spiritual Fitness and determine my level of fitness for each one.



FIT	STRESSED	DEPLETED	DRAINED
<p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Engaged in life's meaning/purpose ➤ Hopeful about life/future ➤ Makes sound moral decisions ➤ Fully engaged with family, friends, and community ➤ Able to forgive self and others ➤ Respectful of others ➤ Engaged in core values/beliefs 	<p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Neglecting life's meaning/purpose ➤ Less hopeful about life/future ➤ Makes some poor moral decisions ➤ Somewhat engaged with family, friends, and community ➤ Difficulty forgiving self or others ➤ Less respectful of others ➤ Straying from core values/beliefs 	<p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Losing a sense of life's meaning/purpose ➤ Holds very little hope about life/future ➤ Makes poor moral decisions routinely ➤ Weakly engaged with family, friends, and community ➤ Not likely to forgive self or others ➤ Strong disrespect for others ➤ Disregards core values/beliefs 	<p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Feels like life has no meaning/purpose ➤ Holds no hope about life/future ➤ Engaged in extreme immoral behavior ➤ Not engaged with family, friends or community ➤ Forgiveness is not an option ➤ Complete disrespect for others ➤ Abandoned core values/beliefs



Self-Assessment

***KNOW where you are
and where you need to go!***



MARINE TOTAL FITNESS SELF CHECK TOOL

This is a private self-assessment tool that may help a Marine or Sailor identify a need for support. It is not designed for use by the chain of command to evaluate a Marine's fitness or readiness.



Physical Fitness

RESOURCES: Gym/HITT/MCMAP/Personal Trainers/Nutritionist/Dietician

Please indicate how much you agree with the following statements:

- I have the physical fitness necessary to perform all of my duties with confidence (both deployed and in garrison).
- My duties are not affected by an unreported medical or dental condition.
- In the past 30 days, poor physical health did not keep me from my usual activities or from performing my duties.
- I have the necessary knowledge to make good choices regarding nutrition, alcohol use, tobacco use, and safe sex practices.
- I meet my body composition standards (height and weight or body fat).

f. Please indicate your most recent PFT/CFT classification.

Physical Fitness Total:

0	19-24	13-18	7-12	0-6
---	-------	-------	------	-----

Mental Fitness

RESOURCES: Mental Health/MCCS/MELC/Chaplain

Please indicate how much you agree with the following statements:

- I feel pride in my accomplishments.
- I look forward to beginning each day.
- I am making a real contribution toward mission accomplishment.
- I usually know what I can and cannot control.
- I am comfortable seeking assistance and asking for help in times of emotional challenge or crisis.
- I am currently engaged in activities (reading and education) that contribute to growth.

Mental Fitness Total:

0	19-24	13-18	7-12	0-6
---	-------	-------	------	-----

Spiritual Fitness

RESOURCES: Chaplain, Civilian Clergy, Counselor, Mentor

Please indicate how much you agree with the following statements:

- My life has meaning/purpose.
- I am hopeful about life/the future.
- My decisions are always moral.
- I have no problem forgiving myself or others.
- I am respectful of people of other beliefs.
- I am engaged in core values/beliefs.

Spiritual Fitness Total:

0	19-24	13-18	7-12	0-6
---	-------	-------	------	-----

Social Fitness

RESOURCES: Single Marine Program, MCCS, Chaplain, CREDO Retreats

Please indicate how much you agree with the following statements:

- I am respectful of the members of my unit.
- I can depend on my spouse/significant other/friends for support.
- I get along well with members in my unit.
- I get involved in efforts to improve the community.
- I actively participate in base or community events and activities.
- I effectively use USMC and/or local civilian community resources.

See Pages two and three for information and resources to increase your overall health and resiliency.

Social Fitness Total:

0	19-24	13-18	7-12	0-6
---	-------	-------	------	-----

TOTAL FITNESS SCORE

0	73-96	49-72	25-48	0-24
---	-------	-------	-------	------



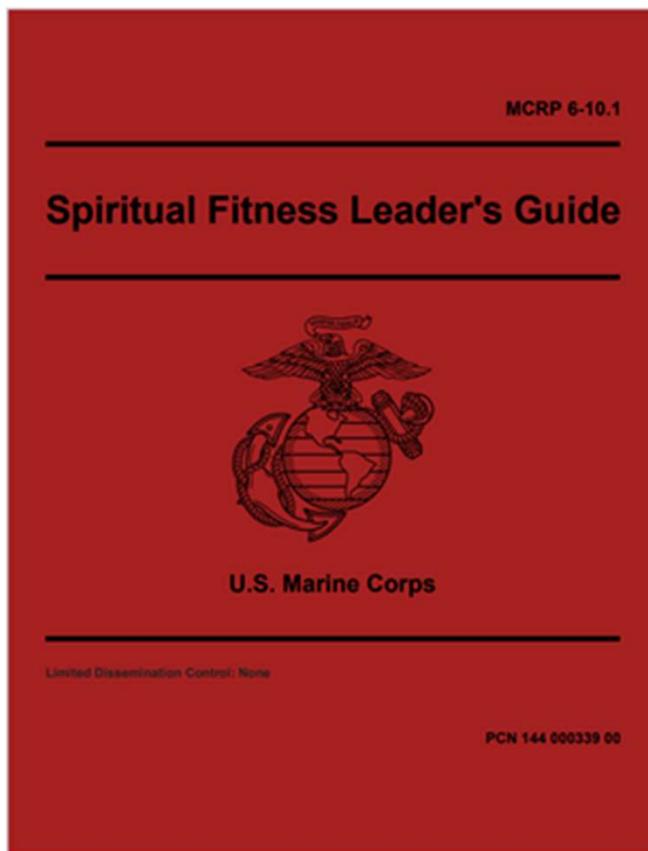
4. Take Corrective Action

After assessing your fitness deficiencies make an execute a plan to improve your Spiritual fitness by leveraging resources.



MCRP 6-10.1

SPIRITUAL FITNESS LEADER'S GUIDE



RESOURCES

MCBQ Memorial Chapel

Sundays

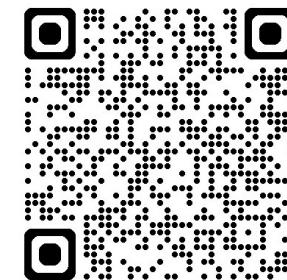
09:00 & 12:15- Roman Catholic Mass
10:30- Protestant Service

Mon, Wed-Fri

11:30- Roman Catholic Mass

<https://www.quantico.marines.mil/Offices-Staff/Chaplain/>

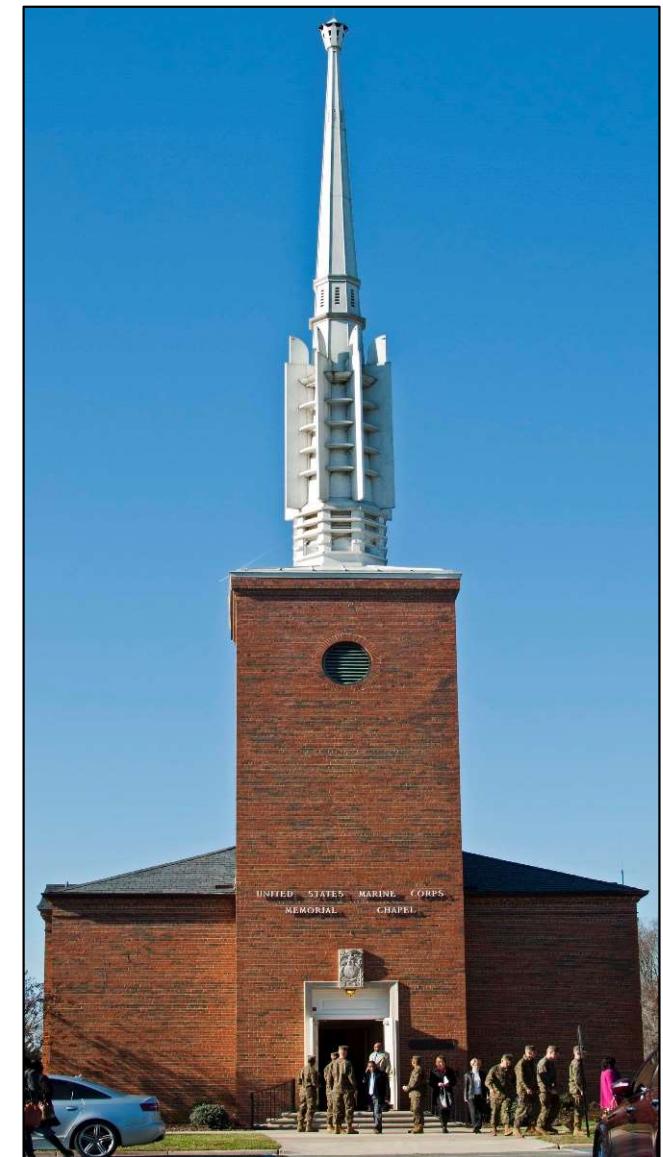
3019 Embry Loop, Quantico, VA 22134
mcbquanticochapel@usmc.mil
703-784-2518



Who We Are:

LCDR Paul Rodgers (Episcopal)
LT Weston Body (Full Gospel)
LT Patrick Costello (Roman Catholic)
Mr. Robert Duquette

RP1 Joseph Wright
RP2 Elijah Smith
RPSN Ilvin Bing
Mr. Mitch Krauss



RESEARCH SHOWS

...that people who are religious/spiritual tend to enjoy these benefits:

Physical Health

- Longer Life
- Lower rates of vast array of diseases.
- Better coping with pain, death, disease and stress.
- Faster recovery from injury and illness.
- Lower rates of risky behavior.
- Health Behaviors (exercise, hygiene, safety, etc).

Social Health

- Greater marital satisfaction and adjustment.
- Less likely to engage in delinquent behavior.
- Lower levels of hostility
- Higher levels of prosocial behavior.
- Healthier attachments

Mental Health

- Higher levels of happiness, hope, satisfaction and wellbeing.
- Lower rates of depression and anxiety.
- Lower rates of suicide.
- Greater stress resilience.
- Greater level of self-control.
- Higher achievement in school and work.

-Richards, S. (2005). *A spiritual Strategy for Counseling and Psychotherapy*. American Psychological Association, pp. 19-26.

-Koenig, HG; King, D; Carson, VB. (2012) *Handbook of religion and health*.

-Pargament, K. I., Exline, J. J., & Jones, J. W. (2013). *APA handbook of psychology, religion, and spirituality (Vol 1): Context, theory, and research*. American Psychological Association.



Spiritual Fitness Infographic

Spiritual Fitness

Identification of personal faith, foundational values, and moral living from a variety of sources and traditions help Marines live out Core Values of Honor, Courage, and Commitment, live the warrior ethos, and exemplify the character expected of the United States Marine

