

Ready to optimize your performance?

Our team of experts at Human Performance Resources by CHAMP (HPRC) provides evidence-based information that empowers members of the military community to be physically and mentally fit, fuel and hydrate properly, maintain social ties, and stay resilient—all pieces of the puzzle that make up Total Force Fitness (TFF).

We provide webinars, presentations, and workshops across all TFF domains!



PHYSICAL FITNESS

- *Active Recovery*
- *Functional Fitness*
- *Injury Prevention & Management*
- *Physical Fitness Test Readiness*
- *Exercise for Weight Management*



MENTAL & SPIRITUAL FITNESS

- *Stress Optimization*
- *Power of Mindsets*
- *Post-traumatic Growth*
- *Sleep Optimization*
- *Spiritual Readiness*



SOCIAL FITNESS

- *Communication Skills*
- *Family Optimization*
- *Problem-solving*
- *Team Cohesion*
- *Interpersonal Leadership Skills*



NUTRITIONAL FITNESS

- *Performance Nutrition*
 - *Eating for Immunity*
 - *Nutrition 101*
 - *Fad Diets*
 - *Dietary Supplements*
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These topics are appropriate for Service Members and their families, healthcare and performance providers, DoD civilians, and other members of the federal workforce. While most presentations are intended for a 60-minute time block, they can be customized to meet your audience's needs. Presentations can be delivered virtually or, in some cases, in person.

For more information or to submit a request,
visit our **Ask the Expert** portal
or email us at HPRC@usuhs.edu.