

# COVID-19

## RESOURCES FOR MILITARY SERVICE MEMBERS AND THEIR FAMILIES

This information is also available online at [hprc.online.org/total-force-fitness/to come](https://hprc.online.org/total-force-fitness/to-come)

### TOTAL FORCE FITNESS DURING COVID-19

As a Military Service Member, you're trained to face unexpected crisis situations, swiftly adapt to new information and environments, and put the well-being of others above your own. The Consortium for Health and Military Performance (CHAMP) provides resources to Military Service Members and their families in pursuit of those ends.

During the COVID-19 pandemic, we want to remind you that the [Human Performance Resources by CHAMP](#) team is here to support you and share information you and your loved ones might find useful to help you cope. Whether you've been called up, you're getting ready to deploy, or you're just struggling to manage this unfamiliar landscape, we've got HOPE\* to share with you.

\**Honesty | Optimism | Professionalism | Empathy*

Visit HPRC's "[HOPE for Those on the COVID-19 Frontline](#)" section for resources useful to everyone, especially our Military Service Members coping with the current situation, and use HPRC's [Daily Checklist](#) to keep make sure you're staying fit in all areas of TFF.



HOPE for those on the COVID-19 frontline

HONESTY | OPTIMISM | PROFESSIONALISM | EMPATHY