

Guidelines for contributing to the HPRC Blog

Dear Partner,

We're delighted that you want to share your stories on the [Human Performance Resources by CHAMP \(HPRC\) Blog](#). While evidence-based articles are the mainstay and main attraction of HPRC-online.org, Consortium for Health and Military Performance's (CHAMP) HPRC Blog offers a range of relevant wellness content outside the scope of our strictly research-based parameters, but within the realm of interest for our audience.

The HPRC Blog enables us to highlight different ways that performance optimization and Total Force Fitness (TFF) concepts are used and applied in the military community from a first-person perspective. The HPRC Blog enhances the human aspect of human performance optimization (HPO) and TFF, and provides a venue to showcase integration of skills and concepts, unique stories, and how members of the military community "live" HPO.

Types of blog posts

As you consider your submission, note the different types of blog posts.

- **Subject-matter expert (SME) posts**
 - » Guest writers and external SMEs can contribute by posting new perspectives and fresh ideas on various topics, personal experiences, or wellness tips.
 - » For example, [Conquering injury prevention for our Warfighters](#)
- **Interviews**
 - » SMEs or Service Members highlight a specific topic within a question-and-answer format.
 - » For example, [What does social support mean to a Lieutenant General?](#)
- **"Boots on the ground"**
 - » Real-life stories and experiences of how Service Members, Veterans, and their families put the science of HPO and Total Force Fitness to practice in their own lives.
 - » For example, [Staying fit in austere environments](#)
- **Strategies for success**
 - » List of tips on a topic or how to resolve a performance-related issue.
 - » For example, [7 Strategies to deal with the harder questions of military family life](#)

- **Announcements**

- » Posts honing in on breaking news or program announcements.
- » For example, [Situation in Afghanistan highlights the need for spiritual fitness](#)

- **Program highlights**

- » Event recaps, presentations, and other campaigns.
- » For example, [Join our #GotMySix campaign!](#)

Guidelines for contributions

We prioritize contributions from individuals affiliated with the DoD and whose life experiences reflect those of our intended audience.

- Make your content personal or provide context. Personalization lets the reader know why you chose this topic, and your perspective highlights how it relates to Total Force Fitness.
- Share your expertise on how to reach peak performance, blog about your real-life experiences, or discuss how members of the military community stay mission-ready and resilient.
- When appropriate, tell a story and use examples.
 - » Be relatable and include information readers can take away and use.
 - » Use military jargon, plain language, and lay terms that are easy to understand.

- » While there's no maximum length, aim to keep your post between 600–1500 words.
- Contributors can be anonymous or identified in a standard byline (name and title in reference to the topic). You can also add other relevant details such as your current position, areas of expertise, etc. With your permission, we'll also post a headshot.
- We encourage the submission of photos or graphics that support your post. You must have permission to use any copyrighted content, including graphics or photos. In addition, HPRC must be granted permission to post the copyrighted material on the HPRC Blog.
- External contributors (including written and recorded interviews) must follow the approval process per Uniformed Services University's (USUHS) Office of External Affairs. Clearance materials will be provided once you contact us at HPRC@usuhs.edu to contribute to the HPRC Blog.
- HPRC subject-matter experts shape the blog post based on the intended message and submit it to CHAMP editors for review. All HPRC Blog posts also include a standard disclaimer.
 - » “The opinions and assertions expressed herein are those of the author and do not reflect the official policy or position of USUHS or DoD. The contents of this publication are the sole responsibility of the author and do not necessarily reflect the views, opinions, or policies of The Henry M. Jackson Foundation for the Advancement of Military Medicine, Inc. Mention of trade names, commercial products, or organizations does not imply endorsement by the U.S. Government. The author has no financial interests or relationships to disclose.”

Get started

Decide what type of blog post you're interested in creating and contact us at HPRC@usuhs.edu or follow up directly with the CHAMP team member you're working with. Include the following information in your request:

- Your name, organization, and contact information
- Blog type (article, interview, etc.)
- Proposed title
- Project description

A CHAMP team member will follow up on your request to further discuss your blog contribution. If the content is approved, our staff will provide the required documentation for clearance. Once the content has been submitted to the CHAMP team member, it will be edited for clarity and length. Note that the typical turnaround time between submission and publication is about 8 weeks.