

# 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 & Injury Prevention*
- *Functional Fitness*
- *Back Pain Prevention & Management*
- *Physical Fitness Test Readiness*
- *Exercise for Weight Management*



## MENTAL & SPIRITUAL FITNESS

- *Stress Optimization*
- *Power of Mindsets*
- *Post-traumatic Growth*
- *Sleep Optimization*
  - » *Sleep Optimization During Deployment*
  - » *Sleep Leadership*
- *Spiritual Readiness*



## SOCIAL FITNESS

- *Communication Skills*
- *Family Optimization*
- *Conflict Resolution*
- *Team Cohesion*
- *Interpersonal Leadership Skills*



## NUTRITIONAL FITNESS

- *Performance Nutrition*
- *Eating for Weight Management*
- *Popular Eating Patterns & Fad Diets*
- *Meal Planning & Prepping Basics*
- *Nutrition for Brain Health*

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, the content and timing can be customized to meet your audience's needs and expectations. 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](mailto:HPRC@usuhs.edu).

Ask us about our all-day seminars!