

How to write for the HPRC blog

Thanks for your interest in writing for the Human Performance Resources by CHAMP (HPRC) blog. Posts include stories from members of the military community who apply and exemplify aspects of Human Performance Optimization (HPO). Whether it's physical fitness or sleep tips, leadership or stress-reduction strategies, or ways to improve nutrition or communication, bloggers offer insights into how HPO and Total Force Fitness (TFF) principles are put into practice.

Types of blog posts

Most HPRC blog posts fall into one of the categories below. Choose the one you think will work best for your topic.

- **“Boots on the ground”** – Real-life experiences of how Service Members, Veterans, and their families optimize their performance and use TFF strategies in their lives. Example: [Resilience exemplified: How my spouse became my resilience role model](#)
- **Strategies for success** – Ways to boost military fitness and optimize performance. Example: [5 tips to improve your relationship with food](#)
- **Subject-matter expert (SME) posts** – New perspectives, personal experiences, or wellness tips on various topics. Example: [How to prepare for military basic training](#)
- **Interviews** – SMEs discuss a specific topic with Service Members, Veterans, or military family members in a question-and-answer format. Example: [Maintaining relationships despite frequent moves](#)

Submission guidelines

HPRC looks for blogs from people whose life experiences reflect HPRC's audience—Service Members, Veterans, and their families. Keep these tips in mind as you craft your blog post:

- Make it personal. Write about your real-life experiences and why you chose the topic. [Tell a story](#) and use examples.
- Share your expertise on how to reach peak performance or mission-ready and resilient.
- Use military jargon, [plain language](#), and terms that are easy to understand.
- Break up the text with short paragraphs, meaningful headers, and bullets, questions, or numbered lists.
- Aim to keep your post between 600 and 1,500 words.
- Link to related HPRC content when possible.
- Include a headshot and 1 or 2 “About the Author” sentences that highlight your background and experience (such as current job title or role and any military affiliations).
- Consider including other related photos or graphics (with captions) to support your post.

Review procedures

- Once submitted, HPRC subject-matter experts will review and shape your blog post and send it on to the CHAMP editing team for review. The estimated turnaround time is 6–8 weeks.
- You must have permission to use any copyrighted content, including graphics and photos. In addition, HPRC must be granted permission to post any copyrighted material on the HPRC blog.
- Blog contributions from outside CHAMP (including written and recorded interviews) will be reviewed by the Uniformed Services University's Office of External Affairs. Clearance materials will be provided once CHAMP gives the go-ahead to contribute to the HPRC blog.
- Authors who are active-duty Service Members must provide contact information for their public affairs officer (PAO).
- HPRC blog posts will include a disclosure statement indicating the blogger's opinions do not reflect those of USU or DoD and that the author has no financial interests or relationships to disclose.

Get started

Once you decide what you want to write about, follow up directly with the CHAMP team member you're working with, or email HPRC@usuhs.edu. Include the following information in your request:

- Your name, organization, and contact information
- Blog type (article, interview, etc.)
- Proposed title
- Brief overview of topic (3–4 sentences)

