

MARINE CORPS TOTAL FITNESS

THE FOUR DOMAINS OF FITNESS



MCTF strengthens Marines and families across four domains – social, spiritual, mental, and physical. It improves their overall well-being and readiness by promoting skill-building that helps them perform at their best and navigate their military journey successfully.



SOCIAL FITNESS

Forming healthy positive relationships with your peers, leaders, friends, family members, and community. Includes being kind, respectful, and being able to forgive self and others.



SPIRITUAL FITNESS

Finding inner strength that comes from a higher purpose. While grit and determination are important, discovering an even greater strength by looking beyond oneself to a higher, more lasting source of meaning and purpose.



MENTAL FITNESS

Engaging in healthy thinking and behaviors builds strong intellectual and emotional habits. Included are mindset, attitudes, and practices to help manage various stressors and reach optimal performance.



PHYSICAL FITNESS

Building a well-rounded fitness program by possessing the knowledge, skills, mindset, and tools to perform well, prevent injuries, and recover.



To learn more about MCTF, visit:

www.usmc-mccs.org/news/why-marine-corps-total-fitness,

or connect with your local Semper Fit team.