



## 1st MAW Warfighting Attribute - **STRONG** Commanding General's Intent



Strong Marines and Sailors have the physical and mental endurance to advance in environments of extreme hardship, complexity, and pressure to perform. Every Marine and Sailor must be physically fit, regardless of age, grade, gender, or duty assignment. Physical, mental, social and spiritual fitness are key contributors to our success in combat. Within the 1st MAW AOR, we must be ready for the fight – from the sucker punch to the title bout, and everything in between. We will be prepared to go from current steady state operations to high intensity combat or crisis operations near instantaneously. Combat is an extreme trial of moral and physical strength and stamina. This will require long hours in the air and on the ground, and in some of the most difficult conditions imaginable; our physical, mental (psychological), social, and spiritual strength will enable the Wing's success in both certain and uncertain environments.

**Physical Fitness** includes a set of characteristics that people have or can achieve relating to their ability to perform physical activity. 1st MAW Marines and Sailors must demonstrate the ability to physically accomplish all aspects of their skill and the mission under realistic, pressurized conditions, while remaining healthy and meeting the criteria for deployment, retention, and continued military service.

**Psychological Fitness** includes the integration and optimization of mental, emotional, and behavioral abilities and capacities to optimize performance and strengthen resilience. It describes a Service member's ability to effectively cope with the unique mental stresses and challenges of Military Service. Mental fitness—including toughness and resilience—contributes to our overall goal of optimum performance.

**Social Fitness** includes the ability to engage in healthy social networks that promote overall well-being and optimal unit performance. Social fitness intertwines the individual, unit, family, and community. All four components are necessary for enhancing and sustaining social fitness.

**Spiritual Fitness** includes an individual's or group's ability to maintain beliefs, principles, and values needed to provide support in times of stress, hardship, and tragedy. These personal qualities may come from religious, philosophical, or human values and form the basis for character, disposition, decision making, and integrity.

The Commandant has repeatedly talked about the warrior athlete mindset – we will embody this mindset in the way we train physically and mentally, in the way we eat, and in the way we live, leveraging the Marine Corps Physical Fitness Program (MCPFP), Force Fitness Instructors (FFI), the Spirit of Competition, and advancing how we train for complexity and tempo to test our fitness. The MCPFP establishes a Corps-wide culture of total fitness, striving to optimize our health, prevent/reduce injury, increase physical fitness, build and engrain individual confidence, and contribute to a unit's esprit de corps through positive, yet challenging, total fitness concepts. 1st MAW Commanders will support the MCPFP and the selection of the right Marines to become FFIs, thereby enabling a culture change related to health and fitness within the Wing. Additionally, Commanders are accountable for unit PFT/CFT/BCP/MAP/MCMAP performance.

**References:** MARADMIN 621/16 – MCPFP and the Role of the FFI; MCBUL 6100 of 16 Dec 16 – Marine Corps Physical Fitness and Combat Fitness Tests; MCO 6100.13 w/ CH 2 – MCPFP; MCO 1500.59 MCMAP; MCO 6110.3A – Marine Corps Body Composition Programs and Military Appearance Program; MCPFP Resource Website: <http://www.fitness.marines.mil/>



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