

TRAIN FOR MIND-BODY

VERSION 1
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FOCUS



MOVE WITH PURPOSE

Boost memory, focus, and stress resilience through movement.

- Maintain a fitness level where training feels manageable, not stressful.
- Exercise outdoors or in green spaces on your installation to recharge both mind and body

TRAIN THE BRAIN

Build mental resilience with intentional habits.

- Practice mindfulness, solve word puzzles, or explore language and skill-learning apps.
- Visit usmc-mccs.org for programs, tools, and skill-building articles.
- Explore [Military OneSource Mindfulness Tools](#) to support mental fitness.



MAKE SLEEP A PRIORITY

Quality sleep (7-10 hours) is mission critical. It helps:

- Improve physical performance.
- Enhance cognitive function.
- Increase pain tolerance.
- Reduce injury risk.
- Support immune health and recovery.

FUEL FOR FOCUS

Hydration and nutrition are key to peak performance.

- Drink water throughout the day to maintain energy and concentration.
- Choose nutrient-rich foods—fruits, vegetables, lean protein—over high-fat or processed options.



CONNECT AND COMMUNICATE

Strong relationships enhance resilience and unit cohesion.

- Build bonds with your unit, family, and mentors.
- Positive connections sharpen decision-making and emotional strength.
- Tap into resources like the Single Marine Program, resilience wellness specialist, unit PT sessions, and peer-to-peer networks.