

# **Comprehensive Soldier Fitness for ARNG Families**

"The CSF program will build our family members up as the Army is currently providing very similar training to Soldiers. This training will empower them to face life's challenges with their Soldier - as a team."

- *Dana Whitis, ARNG Resilience Expert*

## **Why participate in the Comprehensive Soldier Fitness program?**

The Army National Guard recognizes the increased sacrifices our Family members make on a daily basis. The CSF program is designed to provide Army National Guard Family members with the thinking skills and coping strategies needed to take care of themselves and their Soldier. The program helps link them with resources and tools available in the military community that can build resilience.

## **How can I participate in the Comprehensive Soldier Fitness program?**

Family members can take the Global Assessment Tool, which is an assessment of a person's baseline in the dimensions of strength: emotional, social, spiritual and family. The assessment provides immediate results that link to tailored self-development training. This training provides a wide-range of tools to better communicate with Family members and Soldier, as well as tools allowing a person to maximize their overall potential.

## **What's in it for me?**

Our National Guard is strong in part because of the support our Soldiers receive from their Families. This program enables Family members to actively manage various physical and psychological challenges in their personal lives, and continue to be the pillar of support behind our Soldiers. The Strength of the Nation depends on it.

## **Global Assessment Tool:**

Provides Family members with their baseline in four dimensions of strength: emotional, social, spiritual and family; and provides an opportunity to track self-development and growth in these areas over time. Available online at:

<https://www.sft.army.mil/sftfamily>

## **Comprehensive Resilience Modules:**

Educates and provides tools so that Family members can develop their strength in the four dimensions. Available online at:

<https://www.sft.army.mil/sftfamily>

