



## Comprehensive Soldier Fitness (CSF) Program Extended to Family Members

### HOW DO FAMILIES FIT INTO COMPREHENSIVE SOLDIER FITNESS?

Family members play a significant role in a Soldier's life by supporting their resilience and well-being. This is why family members now have the opportunity to participate in the Comprehensive Soldier Fitness (CSF) program by taking the Family Global Assessment Tool (GAT) and self-development modules.

CSF is a holistic fitness program for Soldiers, Family members and Army Civilians that is designed to enhance performance and build resilience. Participation in the CSF program begins with the Global Assessment Tool (GAT), an online, confidential survey that measures a person's level of strength in four dimensions: social, spiritual, emotional and family.

The Army worked in conjunction with national experts along with military psychologists to establish this program and to develop self-directed training designed for family members.

The GAT is available to family members registered in DEERS. They can log on from any computer with internet connection at the following site <https://www.sft.army.mil/SFTFamily>. It will take the Spouse/family member approximately 20 minutes to complete the 82 questions. All component spouses (AD, NG, AR) are encouraged to take the Family GAT

Upon completion of the GAT, family members will be able to immediately access the tools and training designed to enhance their resilience.

Recognizing that strong, resilient families are essential to the Army, family members will be highly encouraged to avail themselves of the program and its tools for enhancing resilience.

Though not mandatory for family members, it is strongly encouraged for family members to participate in the CSF program in conjunction with their Soldier in order to maximize the benefits to the entire family. The online training in the dimensions of strength will enhance and optimize one's personal resilience as well as one's relationship with others. These attributes will better prepare them to meet the unique and sometimes unpredictable challenges

of their personal and professional lives, and help maintain balance to the Army and their personal families.

As an incentive for taking the Family GAT, AAFES will give all Family members a coupon valid at all AAFES on base Subway Shops for one six inch subway sandwich or a salad. This coupon is valid until 31 August, 2011. You can find this information on the following site:

<http://www.shopmyexchange.com/Community/BeFit/ongoingevents.htm>

National Guard and Reserve Families taking the Family GAT can follow the link from the survey to shopmyexchange.com to sign up for the AAFES Weekly Online E-Commerce Newsletter. Once the signup is complete they will receive a code for 10% off their next online purchase.