**Topic: Maximize Performance through Physical Health**

**Physical Resilience:** The ability to adopt and sustain healthy behaviors (e.g., medical and dental preventive care, nutrition, fitness, and sleep) needed to enhance health and wellbeing.

**POSSIBLE TOPIC QUESTIONS**

1. While physical fitness testing has been postponed, the requirement to maintain physical fitness has not. Why is it important to maintain your physical fitness and continually work on your physical resilience?

2. Research demonstrates a direct correlation between our physical and mental wellbeing. When you have stress under control, how do you feel physically? When you have been exercising and taking care of yourself physically, how do you feel mentally?

3. Are you satisfied with your physical health? What would you like to work on? Nutrition? Exercise? Sleep? Using Specific, Measurable, Attainable, Relevant, Time-Based (S.M.A.R.T.) goals, discuss your physical health goals with the group to help reinforce and maximize each other's performance.

**RULES OF ENGAGEMENT**

- Comply with local HPCON level.
- F2F or Virtual Meetings as Permitted.
- Video capability is preferred.
- One hour maximum length.
- Encourage participation and sharing of personal examples or experiences.
- BE RESPECTFUL. Viewpoints may differ.

**MISSION OBJECTIVE:**

The purpose of the Small Group Discussion Tool is to have purposeful conversations, develop stronger communities, and build connectedness.

**Some Things To Remember:**

- Prioritize your health
- Focusing on your physical health will improve your productivity, energy and mood
- Invest time in developing healthy habits. Start by setting one attainable goal, document it and revisit daily (ex. new sleep routine, daily exercise or healthy eating choices)
- Utilizing health and fitness applications or wearable devices can be an easy way to track your results or challenge each other

For more information to improve your physical resilience reach out to your local fitness center, primary care manager, dietitian/nutritionist, or aerospace physiologist

- Military Crisis Line 800-273-8255
- DoD Safe Helpline 877-995-5247
- Military One Source 800-342-9647
- AF Employee Assistance Program 866-580-9078
- AF Discrimination & Sexual Harassment Hot-line 888-231-4058
- For Civilians - Employee Assistance Program 866-580-9078