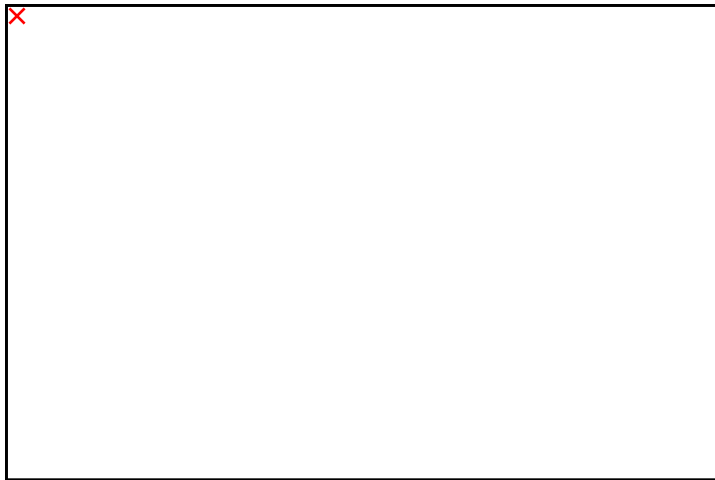


Want to know about Comprehensive Soldier Fitness?

Thomas Zimmerman, Army War College Public Affairs Office

USAWC students learn more about Comprehensive Soldier Fitness



Col. Frank Zachar talks about Comprehensive Soldier Fitness in Bliss Hall Jan. 25. CSF is designed to increase the resilience of Soldiers and Families by developing five dimensions of strength: Physical, Emotional, Social, Spiritual, and Family. Photo by Megan Clugh.

Jan. 25, 2010 -- Col. Frank Zachar,

Comprehensive Soldier Fitness Master Resilience Trainer, spoke to Army War College students in Bliss Hall Jan. 25 about Comprehensive Soldier Fitness, a program designed to increase the resilience of Soldiers and Families by developing five dimensions of strength: Physical, Emotional, Social, Spiritual, and Family.

"Our goal is to combine the great programs here at the Army War College to help reach these goals," said Zachar. He pointed out that many organizations, including the Army Physical Fitness Research Institute, Army Community Service and Child and Youth Services all play vital roles.

"CSF aims to equip and train our Soldiers, Family members and Army Civilians to maximize their potential and face the physical and psychological challenges of sustained operations," according to Gen. George Casey, Chief of Staff of the Army. "We are committed to a true prevention model, aimed at the entire force, which will enhance resilience and coping skills enabling them to grow and thrive in today's Army."

Learn more about CSF at <http://www.army.mil/csf/>

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