

WHAT IS HPRC? WHAT IS HPO?

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The Human Performance Resource Center (HPRC) is an online, one-stop source of evidence-based information and key resources to help Warfighters and their families achieve total fitness and, ultimately, human performance optimization (HPO). Optimal performance is more than just being physically active and eating well; it's a merger of psychological, social, familial, behavioral, nutritional, physical, and environmental fitness—or Total Force Fitness. That's where the [Human Performance Resource Center](#) comes in.

HPRC is the educational arm of the Consortium for Health and Military Performance (CHAMP) at the Uniformed Services University of the Health Sciences (USUHS). HPRC can help you on your quest for total fitness and performance optimization. HPRC translates general and cutting-edge information and collects resources, strategies, tools, and apps/videos for the following domains:

Family & Relationships includes topics such as family relationships and resilience, deployment phases, and family fitness, geared towards the specific needs of military families.

Physical Fitness covers topics such as physical training and exercise, injury prevention, weight management, fitness tools, and gender-specific resources.

Dietary Supplements will help you learn about dietary supplements and how to choose them wisely, with a special section: Operation Supplement Safety.

Nutrition has topics such as nutrition basics, alerts, resources, interactive tools, and “Fighting Weight Strategies,” as well as details about combat rations.

Mind Body addresses subjects such as mental focus/toughness, resilience, relaxation, stress management, getting the best sleep, and alcohol, tobacco, and drugs.

Environment contains information that will help you perform optimally in extreme conditions of heat, altitude, aerospace, water, and more.

Total Force Fitness highlights brings together all the above domains with information and resources on total fitness to help Warfighters develop resilience and optimize performance. TFF includes integrative performance-enhancement programs and practices, plus detailed strategies for pain management.

What does this mean for you? You can go to any HPRC domain and find pertinent information—anything from short “Bottom Line Up Front” (BLUF) articles to postcards, information sheets, and longer articles that focus on specific topics. Each domain has unique information related to its subject area, with many resources related specifically to the military. And if you can't find an answer to your question on the website, submit it to HPRC via our “Ask the Expert” feature, and we will do our best to answer it for you. Just go to <http://hprc-online.org>.

What is human performance optimization?

“Human performance optimization”—HPO—refers to the process of enabling each person to reach his or her optimal level of performance, become part of a successful team, and accomplish the team's mission. HPO as presented by HPRC enables warriors to function at an optimal level of well-being and resilience to face challenges with minimal risk and stress through the use of the Total Force Fitness model. The diagram to the right illustrates this relationship.

