

WHAT IS HUMAN PERFORMANCE OPTIMIZATION (HPO)?

HPO is the process of optimizing both physical and mental health—Total Fitness—to meet the extraordinary demands placed on Warfighters. Despite the role of technology in today's military, the Department of Defense recognizes that people are still its most important resource. Military research is now exploring how nutrition and physical and social environments impact physical and mental fitness.

WHAT IS THE HUMAN PERFORMANCE RESOURCE CENTER (HPRC)?

HPRC is the total fitness resource for Warfighters: We deliver information to the Warfighter to gain the performance edge essential to mission success. The website provides information to Warfighters, their families and friends, health care providers, commanders, and researchers in the domains of Physical Fitness, Dietary Supplements, Extreme Environments, Nutrition, Mind Tactics, Family/Social, and Research with the overall goal to achieve **Total Force Fitness**.

HPRC, a DoD initiative under the Force Health Protection and Readiness program, is hosted by the Uniformed Services University (USU) in partnership with CHAMP, the Natural Medicines Comprehensive Database, and the Real Warriors Campaign. Designed to be the focal point for HPO knowledge and information, its mission is to:

Collect, translate, and distribute timely, scientifically-based HPO information

Provide a forum for communication and collaboration among those involved in conducting and implementing HPO research results

Provide leadership with information to develop policy on HPO and Total Force Fitness

Provide commanders with approaches to optimize performance in their units

Enhance the mental and physical resilience of the Warfighter

Reduce Warfighter injury and illness and speed recovery.

If you...

are an active, reserve, or civilian member of the U.S. Uniformed Services...

want to stay fit to serve the best way you can...

are concerned with the well-being of Warfighters...

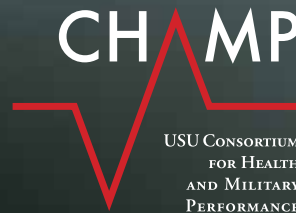
are a family member or friend of someone serving...

develop or implement policy for Human Performance...

...then you need HPRC.

HPRC MAIN OFFICE

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HPRC

HUMAN PERFORMANCE RESOURCE CENTER



THE
EDGE YOU
NEED FOR
TOTAL FITNESS

HPRC has the answers—or the means to find answers—to your questions about **Human Performance Optimization**

WWW.HPRCONLINE.ORG

TOTAL FORCE FITNESS

TOTAL FORCE FITNESS IS A CONCEPT DEVELOPED OUT OF THE RECOGNITION THAT THE BODY AND MIND WORK IN AN INTEGRATED FASHION AND THAT NEITHER CAN BE OPTIMAL WITHOUT ATTENTION TO BOTH. The Chairman of the Joint Chiefs of Staff worked with subject-matter experts to further refine the concept to include all the domains of fitness now represented on the **HPRC** website. The Total Force Fitness section provides information on resources that focus on pulling all the domains together into comprehensive programs for Total Force Fitness and deals



with the Human Performance Optimization of the most sophisticated weapons system—our Warfighters.

PHYSICAL FITNESS

MILITARY HEALTH CONCERNS HAVE TURNED FROM SIMPLY HEALING THE BODY TOWARDS PREVENTING INJURY AND ILLNESS. This improves physical conditioning, which ensures mission success and accelerates recovery. Injuries, a significant threat to military readiness, often result from the activities Warfighters engage in as part of their fitness programs. **HPRC** addresses injury prevention and focuses on training the Warfighter as an athlete.

EXTREME ENVIRONMENTS

DEPLOYMENT INTO EXTREME ENVIRONMENTAL CONDITIONS PLACES EXCEPTIONAL DEMANDS ON WARFIGHTER PHYSICAL AND MENTAL FITNESS.

Medical officers need access to knowledge to prepare, protect, and treat Warfighters under these conditions. Warfighters must also be able to recognize the symptoms of environmental exposure. **HPRC** provides resources to help military personnel prepare for and operate in extreme environments.

NUTRITION

PROPER DIET IS THE FOUNDATION FOR ALL HUMAN PERFORMANCE. Warfighters often devote considerable effort to optimize their performance through exercise only to fall short because of inadequate—or even harmful—nutritional

practices. The exceptional demands on military personnel, especially when deployed, make good nutrition essential for both mental and physical fitness. **HPRC** provides scientifically based information about general nutrition.

DIETARY SUPPLEMENTS

THE EXTREME DEMANDS OF MILITARY MISSIONS OFTEN LEAD A WARFIGHTER TO TURN TO DIETARY SUPPLEMENTS IN THE HOPES OF IMPROVING PERFORMANCE. Being able to make an informed decision about using vitamins, minerals, amino acids, protein powders, herbs, and botanicals to help optimize performance and health can be difficult and complicated. **HPRC** provides research-backed information to help Warfighters make the best decisions about supplements and be aware of recalls of dangerous supplements.

MIND TACTICS

THE MIND IS THE LINK TO THE BODY FOR TOTAL FITNESS, SO IT MUST BE EXERCISED AND CARED FOR. Mental fitness—including toughness and resilience—contributes to the overall goal of optimum mission performance for the Warfighter. **HPRC**'s website includes information on how to avoid common performance degraders such as drugs and excess alcohol, gain greater resilience, benefit from spiritual fitness, sleep better, and enhance mental ability.

FAMILY AND RELATIONSHIPS

THE WARFIGHTER'S FAMILY AND LARGER SOCIAL ENVIRONMENT ARE CRUCIAL TO PHYSICAL AND MENTAL FITNESS, as well as mission performance. Those who have supportive and

solid relationships are more likely to perform well, have high levels of fitness, and rebound quickly from illness and injuries. **HPRC** provides resources to help build and maintain purposeful and fulfilling relationships, assist with parenting, and successfully meet the unique challenges of military life.

RESEARCH

HPRC HAS A COMMITMENT TO PROVIDE EVIDENCE-BASED INFORMATION. We review, analyze, and report on scientific literature in the field of HPO. To encourage HPO research, we also host an online forum for researchers to communicate and collaborate and for scientists, medical specialists, and military leaders and personnel to follow new developments in HPO research.

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