



DEPARTMENT OF THE NAVY  
HEADQUARTERS, UNITED STATES MARINE CORPS  
3000 MARINE CORPS PENTAGON  
WASHINGTON, DC 20350-3000

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WHITE LETTER 2-16

From: Commandant of the Marine Corps  
To: All Commanding Generals  
All Commanding Officers  
All Officers in Charge  
All Senior Enlisted Leaders

Subj: MARINE CORPS PHYSICAL FITNESS PROGRAM

Ref: (a) CMC FRAGO 01/2016 Advance to Contact

1. The ultimate goal of Marine Corps physical fitness is to optimize mental and physical performance and make all Marines more lethal, resilient, and more capable on the battlefield. The program should also build resilience and prevent injuries to keep every Marine in the fight. With the growth in physical fitness training methods and a wealth of scientific research focused on health and fitness, it is time to update our approach to physical fitness training across the Corps. Today we have a systematic approach within our entry level training pipeline, including physical training instructors at our recruit depots; a Royal Marine Color Sergeant instructor at Officer Candidates School; and investment in Sports Medicine and Injury Prevention trainers at our recruit depots and schools of infantry. We will expand this approach to total fitness throughout the operating forces and throughout the duration of a Marine's career.

2. To achieve and operationalize this end-state, Training and Education Command (TECOM) is designing a Service wide physical fitness program that incorporates a holistic approach. Utilizing the latest in scientifically-based techniques, modern technology, and the sports medicine field, the Marine Corps Physical Fitness Program (MCPFP) will first and foremost seek to establish a positive approach to fitness Corps-wide. The Program will strive to optimize our Marines' health and physical fitness, contributing to increased unit readiness throughout the operating forces.

3. Currently, we have a number of sound and modern physical fitness programs that greatly benefit our Marines, such as Semper Fit, High Intensity Tactical Training, Marine Corps Martial Arts Program and MARSOC's Physical Training Playbook.

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We also have sports medicine clinics at our major installations that treat physical fitness-related injuries and educate Marines in preventing and/or mitigating injuries. The MCPFP will integrate all these capabilities and exploit their best practices in order to standardize and optimize the support they provide.

4. The centerpiece of the MCPFP and key to its success is the creation of a cadre of Force Fitness Instructors (FFI) who will be assigned throughout the operating forces down to the company level. The FFI will serve as the commander's subject matter expert on physical fitness and sports-related injury prevention. He/she will advise the commander on the design and implementation of a structured, progressive METL-based physical fitness training program that is uniquely tailored to the unit's training and exercise employment plan. The FFI will be capable of assessing and baselining the physical fitness of individual Marines and then designing a comprehensive program to facilitate improvement. Each FFI will also be capable of integrating available resources to support the commander's physical fitness training program.

5. TECOM is establishing a new course at Quantico that will begin training FFIs on 3 October 2016. Additional information on this course is forthcoming in an upcoming MARADMIN. Since this initiative is the heart of the MCPFP, it is imperative that commanders select the right Marines to undergo training and serve in the billet. **Quality instructors will ensure the success of this initiative.** FFIs must obviously possess superb physical fitness attributes but, even more importantly, an FFI must possess the maturity, commitment, and leadership qualities needed to inspire and sustain the cultural change that underlies our commitment to total fitness.

6. Providing an institutional physical fitness program based on total fitness concepts is an integral part of our commitment to our Marines' well-being and to ensuring their combat readiness. We need to embrace this effort as it has the potential to improve more than just the physical fitness of Marines but also their attitude, their confidence, and their overall well-being.



Robert B. Neller

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SMMC