
SPIRITUAL FITNESS

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SUBJ/SPIRITUAL FITNESS//

GENTEXT/REMARKS/1. Fitness is a vital part of being a United States Marine. Although we all understand the importance of being physically fit, it is also important to remember the other three aspects of overall fitness: spiritual, mental, and social. All of these aspects are essential to the well-being of each individual Marine and Sailor, and our Corps as a whole.

2. As Americas force in readiness, we must be prepared to answer our Nations call on a moments notice. A large part of that ability is our capacity for resilience. Regardless of the battle we just fought, we must be ready for our next success. Research indicates that spiritual fitness plays a key role in resiliency, in our ability to grow, develop, recover, heal, and adapt. Regardless of individual philosophy or beliefs, spiritual well-being makes us better warriors and people of character capable of making good choices on and off duty.

3. Beginning in October, the Marine Corps will be emphasizing all components of fitness, particularly the physical and spiritual aspects. During this time, I ask each of you to reflect on what you and the Marines and Sailors you lead are doing to achieve and maintain an optimal level of strength and resilience. Your leaders and chaplains at all levels stand ready to engage with you in this task. By attending to spiritual fitness with the same rigor given to physical, social and mental fitness, Marines and Sailors can become and remain the honorable warriors and model citizens our Nation expects.

4. Semper Fidelis, Robert B. Neller, General, U.S. Marine Corps, Commandant of the Marine Corps//