

Comprehensive Airman Fitness



CAF is an Air Force-wide initiative based on improving

Airman readiness by solidifying the four pillars of CAF: Mental, Physical, Social and Spiritual. At every AETC installation helping agencies within the community work together to ensure services are available to provide safety, health and well-being, personnel preparedness and family adaptation. We focus on developing a sense of community for the active-duty population, DoD employees, and family members.

Mental

Approaching life's challenges in a positive way by demonstrating self-control, stamina and good character with choices and actions; seeking help and offering help.

Physical

Performing and excelling in physical activities that require aerobic fitness, endurance, strength, flexibility and body composition derived through exercise, recovery, nutrition and training.

Social

Developing and maintaining trusted, valued friendships that are personally fulfilling and foster good communication, including exchange of ideas, views and experiences.

Spiritual

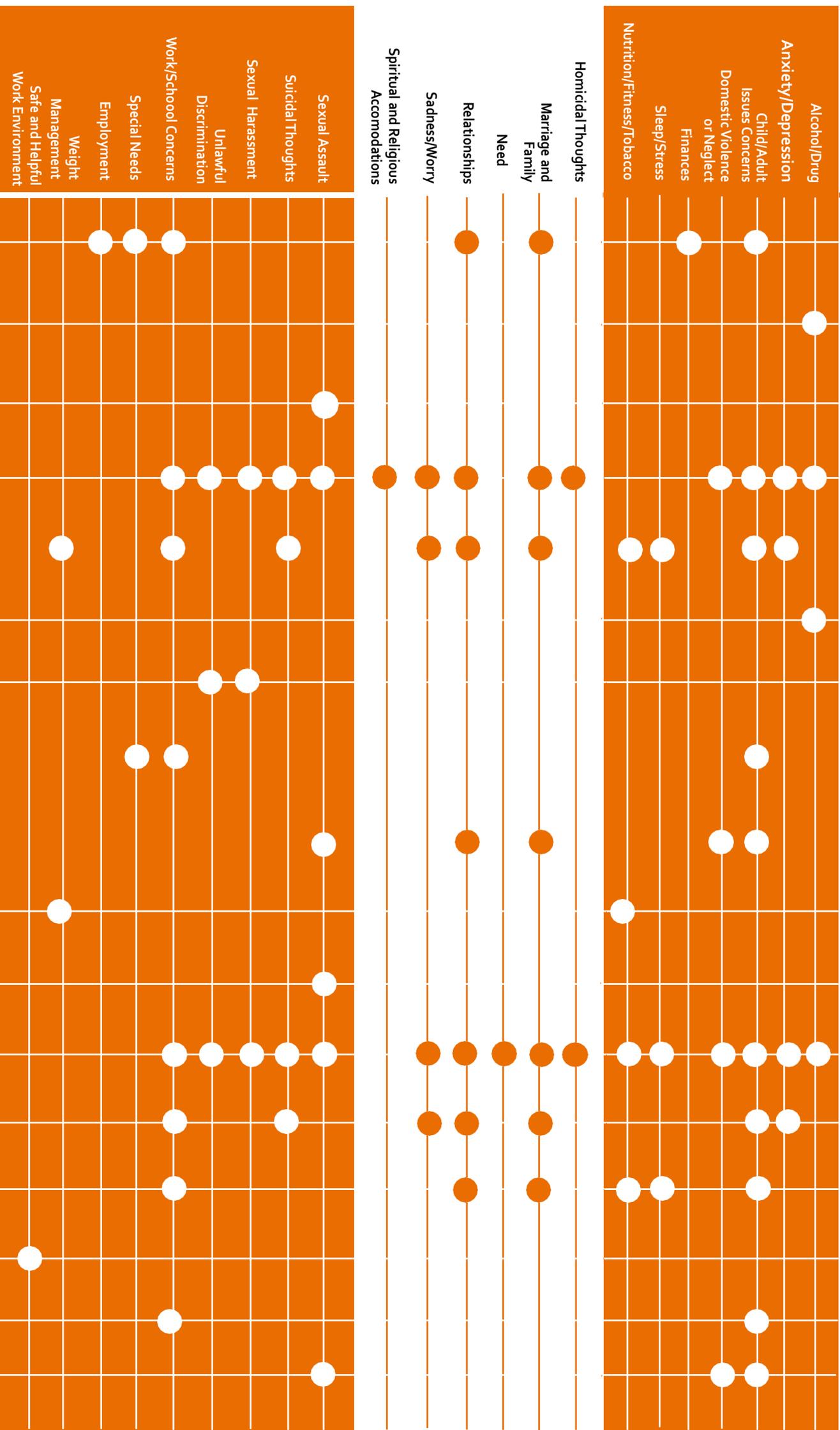
Strengthening a set of beliefs, principles or values that sustain an individual's sense of well-being and purpose. Spiritual fitness is about having a sense of purpose and meaning in your life. It includes but not limited to worldviews, religious faith, sense of purpose, sense of connectedness, values, ethics and morals.



Holloman AFB Helping Agency Guide

<http://www.holloman.af.mil/>

#resilient



- A&FRC & EFMP Family Support**
575-572-7754/7393
- ADAPT**
575-572-5676
- Sexual Assault Response Coordinator**
575-572-1444
- Chapel**
575-572-7211
- Behavioral Health Optimization Program**
575-572-2778
- Drug Demand Reduction**
575-572-8033
- Equal Opportunity**
575-572-3032
- Exceptional Family Member Program (Medical)**
575-572-5880
- Family Advocacy**
575-572-7061
- Health Promotion**
575-572-5785
- Special Victims' Counsel**
575-572-3683
- Mental Health**
575-572-5676
- Military Family Life Counselor**
575-572-7754
- New Parent Support Program**
575-572-5678
- Safety**
575-572-3793
- School Liaison**
575-572-3944
- Domestic Abuse Victim Advocate**
855-336-6833