

# 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



	Why	WHERE
Alcohol/Drug		ADAPT 575-572-5676
Anxiety/Depression		Chapel 575-572-7211
Child/Adult Issues Concerns		Behavioral Health Optimization Program 575-572-2778
Domestic Violence or Neglect		Drug Demand Reduction 575-572-8033
Finances		Equal Opportunity 575-572-3032
Sleep/Stress		Exceptional Family Member Program (Medical) 575-572-5880
Nutrition/Fitness/Tobacco		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
Homicidal Thoughts		
Marriage and Family Need		
Relationships		
Sadness/Worry		
Spiritual and Religious Accomodations		
Sexual Assault		
Suicidal Thoughts		
Sexual Harassment		
Unlawful Discrimination		
Work/School Concerns		
Special Needs		
Employment		
Weight Management		
Safe and Helpful Work Environment		