

# MCTF SOCIAL FITNESS



MARINE CORPS TOTAL FITNESS  
VERSION 1.0



## WHAT IS SOCIAL FITNESS?

Social Fitness is the building and maintaining healthy, positive relationships with an individual's personal and professional network. Marines create strong, quality relationships when they demonstrate active-listening, accountability, follow-through, and integrity. Those same relationships enhance trust within individuals, then groups, and eventually a Marine's broader professional and personal communities.

## WHY IS SOCIAL FITNESS ESSENTIAL?

When Marines enter the Corps, they become part of a storied tribe that leaves no Marine behind. Marines must go deeper than the culture of camaraderie and seek deeper engagement, understanding, and connection in relationships. Marines who are socially fit are more poised to cope with the stressors of military life. Social support from peers, family, friends, and community assists Marines so they can fight and win all of life's battles.

## ACHIEVING SOCIAL FITNESS

Marines can build social fitness by:

- Engaging in meaningful conversations and taking advantage of opportunities to build trust.
- Building strong communication, problem-solving, decision-making, and conflict resolution skills.
- Creating a positive social network of people who will provide support that enables them to maintain mission readiness and focus.
- Joining clubs, playing on sports teams, or volunteering to help others, which will expand their social circle.

## FITNESS FACTS

### 1. TRUST IS ESSENTIAL

Socially resilient Marines embrace trust in others, knowing there is strength in numbers. Marines also embrace the challenge of proving themselves trustworthy to their fellow Marines by practicing accountability, follow-through, and integrity.

### 2. A UNIFIED EFFORT

Social fitness includes cohesion, adaptability, mutual trust between Marines up and down the chain of command, and communication within the unit structure.

### 3. SET THE EXAMPLE

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## SOCIALLY FIT MARINES

- Build and maintain healthy relationships with peers, friends, family members, and unit leaders.
- Respect self and others.
- Maintain trust in peers, leaders, and the Marine Corps.
- Build and maintains a strong network of positive support and influence.
- Feels a sense of belonging and cohesion and remain self-assured in social interactions.
- Develop strong communication, coping, conflict resolution, and problem-solving skills.