

SEMPER FIT RESILIENCE TEAM



RESILIENCE AND WELLNESS SPECIALISTS

- Teach relationship skills.
- Provide information and referral.
- Promote help-seeking skills.



PERFORMANCE EDUCATORS

- Teach healthy sleep habits.
- Teach general performance nutrition.
- Provide health campaigns.



SINGLE MARINE PROGRAM COORDINATORS

- Provide leadership skill-building opportunities.
- Provide volunteer opportunities.
- Provide recreation activities.



CULINARY INSTRUCTORS

- Teach culinary skills.
- Teach general nutrition planning.
- Collaborate with performance dietitians and performance educators.