



WARRIOR TOUGHNESS

Healthy Behaviors

**Focus on
the Present
Moment**

**Engage
in Physical
Fitness**



**Embrace
Curiosity and
Growth**

**Use Personal
Values to Feed
Your Spirit**

Build a better you.

**TOTAL
NAVY SAILOR
FIT TO FIGHT**



Scan this QR code to learn more about Warrior Toughness, or visit www.mynavyhr.navy.mil for more information.

