



GRIT
STRENGTH THROUGH
RESILIENCE

2025

GOAL

Leadership and Airmen will develop awareness of how nutrition plays a critical role in overall health and military readiness.

FACILITATOR'S NOTES

HOW TO PREPARE:

- Go to the webpage Human Performance Resources by CHAMP at www.hprc-online.org and click on the tab "Nutritional Fitness".
Review topics under Nutritional Fitness such as: 'Fighting-Weight Strategies', 'Performance Nutrition', and 'Unique Nutrition Needs'.
- Good nutrition is the foundation of warfighter readiness. This includes maintaining a healthy body composition while meeting the physical and mental demands of the mission. Warfighters need to know how to plan and eat well-balanced meals for their body composition, performance, and medical needs.
- Airmen are encouraged to reach out to the Nutritional Medicine Clinic at the 81st Keesler Medical Group to schedule an appointment. For body composition goals, Airmen will be scheduled for a 'Nutrition Fundamentals' Class and should follow up with a Registered Dietitian. For those with medical conditions that needs specific medical nutrition therapy, Registered Dietitians will meet with Airmen one on one.
- A well-balanced diet includes fruits and vegetables, whole grains, beans and legumes, nuts and seeds, lean proteins, healthy fats, and unsweetened beverages (water, milk/milk alternatives, coffee/tea).
- Those eating at base-wide DFACs can choose these options by grabbing 'green' labeled selections included in the 'Go for Green®' program.
- Resources are available to Airmen. Base resources include Keesler MDG Nutritional Medicine Clinic. Virtual resources include hprc-online.org.

THE EXTRA MILE ADDITIONAL RESOURCES

- Take a Nutrition Class – Call the Keesler MDG Nutritional Medicine Clinic at (228) 376-5065 to sign up for our next 'Nutrition Fundamentals' Class. This class will dive into healthy eating behaviors based on the latest in nutrition science. Questions welcomed!

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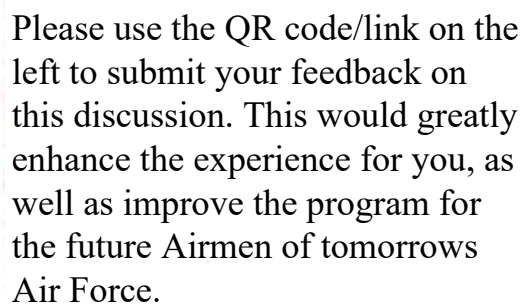


MISSION PLAN HOW TO EXECUTE

FRAMING THE CONVERSATION

Activity: Have Airmen use their cell phones during your discussion to review hprc-online.org including the following sections: 'Fighting-Weight Strategies', 'Performance Nutrition', and 'Unique Nutrition Needs'.

Encourage Airmen to use evidenced-based resources such as hprc-online.org or reach out to their Nutritional Medicine Clinic to take the 'Nutrition Fundamentals' Class or meet with a Registered Dietitian to discuss their individual medical needs.



HOW TO APPLY THE LESSON

RELATIONSHIPS EXIST ON A SPECTRUM

All relationships exist on a spectrum, from healthy to abusive to somewhere in between. Below, we outline behaviors that occur in healthy, unhealthy and abusive relationships.

HEALTHY

A **healthy relationship** means that both you and your partner are:

Communicating: You talk openly about problems, listen to each other and respect each other's opinions.

Respectful: You value each other as you are. You respect each other's emotional, digital and sexual boundaries.

Trusting: You believe what your partner has to say. You do not feel the need to "prove" each other's trustworthiness.

Honest: You are honest with each other, but can still keep some things private.

Equal: You make decisions together and hold each other to the same standards.

Enjoying personal time: You both can enjoy spending time apart, alone or with others. You respect each other's need for time apart.

UNHEALTHY

You may be in an **unhealthy relationship** if one or both partners is:

Not communicating: When problems arise, you fight or you don't discuss them at all.

Disrespectful: One or both partners is not considerate of the other's feelings and/or personal boundaries.

Not trusting: One partner doesn't believe what the other says, or feels entitled to invade their privacy.

Dishonest: One or both partners tells lies.

Trying to take control: One partner feels their desires and choices are more important.

Only spending time with your partner: Your partner's community is the only one you socialize in.

ABUSIVE

Abuse is occurring in a relationship when one partner:

Communicates in a way that is hurtful, threatening, insulting or demeaning.

Disrespects the feelings, thoughts, decisions, opinions or physical safety of the other.

Physically hurts or injures the other partner by hitting, slapping, choking, pushing or shoving.

Blames the other partner for their harmful actions, makes excuses for abusive actions and/or minimizes the abusive behavior.

Controls and isolates the other partner by telling them what to wear, who they can hang out with, where they can go and/or what they can do.

Pressures or forces the other partner to do things they don't want to do; threatens, hurts or blackmails their partner if they resist or say no.

Power & Control Wheel for Teen Dating Violence

This tool explains some of the ways an abusive partner may use power and control to manipulate a relationship.



**Violence
Intervention
Program**

If you would like to speak to a counselor about your relationship or someone you know please call our confidential hotline at

1-800-664-5880