



The life of an Army Soldier, Civilian and family member frequently involves profound sacrifices—service before self. But readiness requires us to be prepared to effectively perform and meet the demands of our assigned missions. We must invest in the health of our teams, our families and ourselves. Achieving that readiness requires balance, self-awareness, consistency, trust and setting the standard for others.



Visit

The Fort Knox Senior Commander's Wellness Philosophy Web Page For Tips And More Information.

LEADERSHIP EXCELLENCE -
STRENGTH STARTS HERE!

BG Maurice O. Barnett
Commanding General
U.S. Army Cadet Command & Fort Knox

FORT KNOX COMMANDING GENERAL WELLNESS PHILOSOPHY

Balance |

We cannot achieve long-term health if we do not have balance across all five resiliency dimensions – physical, emotional, spiritual, social and family. When we over emphasize one area or ignore another, we are out of balance which effects not only our readiness, but the readiness of our family, and teammates.

Self-Awareness |

Readiness requires us to continually assess our wellness in all aspects of our lives to recognize what we need to do to improve. We must be willing to admit there are areas we may have some gaps, and sometimes, it takes outside help to see ourselves. We must ask ourselves - are we willing to have those hard conversations to help us be better or to help our teammates and family be better?

Consistency |

Achieving long-term health goes beyond being committed to doing the things that keep us healthy. It requires us to consistently strive to improve. A commitment to being 1% better each day will reap large benefits over time. Without a consistent commitment, we will never achieve our healthier life goals.

Trust |

Fort Knox has a wide variety of health and wellness services that enhance quality of life, productivity and motivation. Trust the experts on our health teams and the programs they have designed by participating in the fitness offerings and taking advantage of the healthy choices at the eateries. That investment in trust will lead to increased wellness and long-term health.

Lead | Set The Standard Through Your Actions

Prioritize physical fitness, cultivate mental resilience, and demonstrate healthy eating habits. Ensure nutritious options are available at meetings, events, and all work-related gatherings where food is served, reinforcing a culture of wellness across the unit. As we continue to provide our Nation a ready and resilient Army, it is every Soldier, Civilian, and family members' responsibility to look to their wellbeing. Leaders need to ensure they are providing purpose, direction, and motivation to their teams in this area. My commitment is to drive holistic wellness through our Commander's Ready and Resilient Council (CR2C), and to provide the Fort Knox community the tools they need to meet the demands of our assigned missions.