



# Comprehensive Airman Fitness



CAF is an Air Force-wide initiative based on improving Airman readiness by solidifying the four pillars of CAF: Mental, Physical, Social and Spiritual. At every ACC installation helping agencies within the community work together to ensure services are available to provide safety, health and well-being, personnel preparedness and family adaptation. We focus on developing a sense of community for the active-duty population, DoD employees, and family members.

## Mental

Approaching life's challenges in a positive way by demonstrating self-control, stamina and good character with choices and actions; seeking help and offering help.

## Physical

Performing and excelling in physical activities that require aerobic fitness, endurance, strength, flexibility and body composition derived through exercise, recovery, nutrition and training.

## Social

Developing and maintaining trusted, valued friendships that are personally fulfilling and foster good communication, including exchange of ideas, views and experiences.

## Spiritual

Strengthening a set of beliefs, principles or values that sustain an individual's sense of well-being and purpose. Spiritual fitness is about having a sense of purpose and meaning in your life. It includes but not limited to worldviews, religious faith, sense of purpose, sense of connectedness, values, ethics and morals.



325th Fighter Wing  
**Tyndall AFB**  
 Helping Agency Guide

#resilient

<http://www.tyndall.af.mil/>



	A&FRC & EFMP Family Support 850-283-4204	ADAPT 850-283-7511	Sexual Assault Response Coordinator 850-625-1231	Chapel 850-283-2925	Behavioral Health Optimization Program 850-283-7388	Drug Demand Reduction 850-283-7511	Equal Opportunity 850-283-4319	Exceptional Family Member Program (Medical) 850-283-7657	Family Advocacy 850-283-7511	Health Promotion 850-283-3826	Special Victims' Counsel 850-283-9588	Mental Health 850-283-7511	Military Family Life Counselor 850-461-5989	New Parent Support Program 850-283-7511	Safety 850-283-4231	School Liaison 850-283-4204	Domestic Abuse Victim Advocate 850-532-6162
Alcohol/Drug		●		●		●						●					
Anxiety/Depression				●	●							●	●				
Child/Adult Issues Concerns	●			●	●			●	●			●	●	●		●	●
Domestic Violence or Neglect				●					●			●					●
Finances	●																
Sleep/Stress					●							●		●			
Nutrition/Fitness/Tobacco					●					●		●		●			
Homicidal Thoughts				●								●					
Marriage and Family	●			●	●				●			●	●	●			
Need Meds												●					
Relationships	●			●	●				●			●	●	●			
Sadness/Worry				●	●							●	●				
Spiritual and Religious Accomodations				●													
Sexual Assault			●	●					●		●	●					●
Suicidal Thoughts				●	●							●	●				
Sexual Harassment				●			●					●					
Unlawful Discrimination				●			●					●					
Work/School Concerns	●			●	●			●				●	●	●		●	
Special Needs	●							●									
Employment	●																
Weight Management					●					●							
Safe and Helpful Work Environment															●		