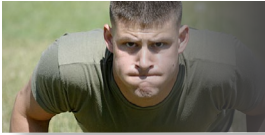




## HUMAN PERFORMANCE RESOURCE CENTER

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### WHAT IS HPRC? WHAT IS HPO?

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What is HPRC? The Human Performance Resource Center is an online, one-stop clearinghouse for evidence-based information and key resources to help Warfighters and their families in all aspects of performance to achieve Total Fitness and, ultimately, human performance optimization (HPO; see below).

Optimal performance doesn't just mean being physically active and eating well; it's the whole package: psychological, social/familial, behavioral, spiritual, nutritional, physical, and environmental fitness—or Total Force Fitness. That's where the [Human Performance Resource Center](http://hprc-online.org) comes in.

HPRC is aligned under Force Health Protection and Readiness and is the educational arm of the Consortium for Health and Military Performance (CHAMP) at the Uniformed Services University of the Health Sciences (USUHS). HPRC can help you on your quest for total fitness and performance optimization.

HPRC has both general and cutting-edge information, resources, strategies, tools, and apps/videos organized around the following areas:

- **Family & Relationships** includes topics such as relationship enhancement, family resilience, deployment phases, family nutrition and physical fitness, many geared towards the specific needs of military families.
- **Physical Fitness** covers topics such as physical training and exercise, injury prevention, weight management, fitness tools, and resources for women.
- **Dietary Supplements** will help you learn about dietary supplements and how to choose them wisely, with a special section about supplement safety.
- **Nutrition** has topics such as nutrition basics, alerts, resources, interactive tools, and "Fighting Weight Strategies."
- **Mind Tactics** addresses topics such as mental focus/toughness, resilience, relaxation, stress management, getting the best sleep, and alcohol, tobacco, and drugs.
- **Environment** contains information that will help you perform optimally in extreme conditions of heat, altitude, aerospace, water, and more.
- **Total Force Fitness** highlights information and resources on total fitness, bringing together all the above domains to help Warfighters develop resilience and optimal performance, as well as integrative performance enhancement programs and practices, and detailed strategies for pain management.

#### What does this mean for you?

HPRC translates evidence-based materials on various aspects of performance, creates materials on specific topics, and highlights existing resources. You can go to any HPRC domain and find pertinent information—anything from brief downloadable "recipe/tip cards" to longer pieces that address specific topics. Each domain has unique information related to its subject area, many related specifically to the military.

And if you can't find an answer to your question on the website, submit it to HPRC via the "Ask the Expert" button, and we can answer it for you. Just go to <http://hprc-online.org>.

#### What is human performance optimization?

The term "human performance optimization" (HPO) describes a combination of approaches and techniques that can optimize each person's performance in order to successfully accomplish his/her mission. It goes beyond simply resisting challenges; rather, it means functioning at a new optimal level to face new challenges. The diagram shows how performance optimization fits in the context of resilience, health, and risk.

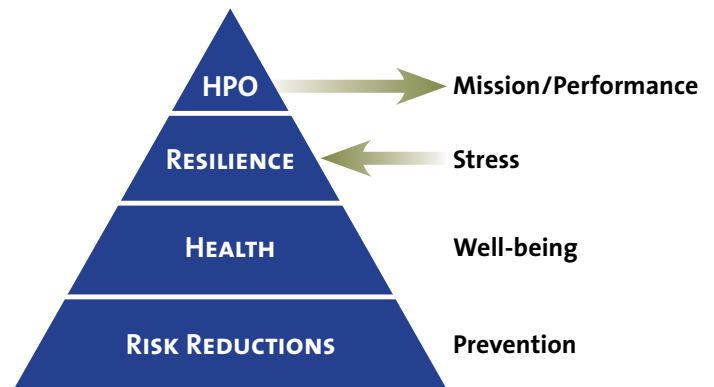


Diagram Source: Jonas W, O'Connor F, Deuster P, Macedonia C. (2010). Total Force Fitness for the 21st Century. Supplement to Military Medicine, 175(8).