

AFWC-Hampton Roads Supports Navy's Total Sailor: Fit to Fight Initiative During San Diego Assessment Mission

Seven Health Coaches from the Armed Forces Wellness Center-Hampton Roads (AFWC-HR) traveled to Naval Base San Diego December 8-12 where they conduct more than 100 comprehensive health assessments for Sailors assigned to the USS Chung Hoon (DDG-93) and USS Halsey (DDG-97). The effort, carried out in partnership with the Naval Health Research Center (NHRC), sought to determine how AFWC services can help improve Sailor readiness and support the Navy's expanding Total Sailor: Fit to Fight initiative.

The assessment mission was directed by Vice Chief of Naval Operations Admiral James W. Kilby, who emphasized the Navy's commitment to ensuring Sailors are physically capable, mentally resilient and nutritionally prepared for the demands of modern maritime operations. AFWC-HR's mission was to evaluate individual health markers, provide personalized health coaching and collect data that will guide future readiness efforts across the fleet.

AFWC-HR health coaches conducted body composition analysis, cardiorespiratory fitness assessment (VO2 max), grip strength and back strength tests at Naval Base San Diego's Harborside Sports and Fitness Complex. They will be providing each Sailor with individualized fitness plans, focused mobility work, targeted strength recommendations and performance-based training guidance. During future virtual sessions, the coaches will also be offering nutrition resources on healthy fueling strategies for watch rotations and sleep-improvement techniques designed to support Sailors through demanding operational cycles.

This direct engagement reflects the broader mission of the Armed Forces Wellness Centers. Across military installations, AFWCs deliver evidence-based services grounded in the four pillars of the Total Sailor framework: physical conditioning, nutrition and fueling, mental resilience and recovery and habit building. Through the AFWCs comprehensive suite of health assessments and personalized health coaching, AFWCs support Service Members understand their baseline readiness and develop sustainable plans for continuous improvement.

The AFWC model integrates prevention, education and behavior change, which helps Sailors move beyond simply preparing for a fitness test, toward building the endurance, mobility, strength and mental resilience necessary for sustained mission success. Many Sailors who engage with AFWC services report improved physical readiness test performance, healthier body composition, better recovery and reduced stress.

The AFWC health coaches will aggregate findings from the San Diego mission and through ongoing virtual health coaching to help NHRC and Navy leadership better understand trends and identify readiness obstacles such as fatigue, limited recovery time and nutrition gaps. AFWC-HR's tailored interventions provide ships actionable, data informed insights and recommendations that support command wellness programs, improving training strategies and promoting a culture of readiness onboard.

As the Navy continues implementing Total Sailor: Fit to Fight, programs like this endeavor highlight how AFWCs serve as essential readiness partners. Their evidence-based approach helps Sailors develop healthier, more sustainable habits, while providing commands with tools to enhance fleet performance. From reducing preventable injuries to improving physical and mental resilience, AFWCs offer a comprehensive pathway for meeting, and exceeding, the Navy's modern readiness standards.

The ability to have the AFWC health coaches rapidly engage with Sailors and enact the VCNO's Total Sailor: Fit to Fight initiative was possible due to work funded in part through Battelle Memorial Institute's contract with the Information Analysis Center Multiple Award Contract. Battelle aims to translate scientific discovery and technology advances into societal benefits. Battelle combines applied science, technology, research and engineering to tackle big scientific and societal challenges, whether for clients (industry, government) or for public benefit.

The Navy's greatest asset remains its people. By pairing AFWC's proven wellness model with the Fit to Fight vision, the service ensures Sailors are not only prepared for today's challenges but strengthened for the demands ahead.

Whether you're preparing for deployment, supporting your team on the deck plate or striving for career-long readiness, the combination of physical conditioning, nutrition, mental resilience and habit formation supported by the AFWC equips you to not just meet standards, but exceed them.

Show up ready. Show up capable. The fight demands nothing less.