

MARCH 2020

The Buzz

ON RESPONSIBLE DRINKING



Total Force Fitness and Owing Your Limit

Total Force Fitness is a concept that connects health, fitness and optimal performance. Remind Service members that drinking responsibly is a key component to reaching their goals. Share these points on how their choice to drink alcohol responsibly will benefit their:

- **Physical Fitness.** Avoiding hangovers is better than it sounds. When you drink within your limits, you're setting yourself up to meet PT requirements, crush your workouts, sleep better and strengthen your immune system. Find [physical fitness tips](#) here.
- **Psychological Fitness.** Your psychological health is just as important as your physical health. By drinking responsibly, you are better able to identify how you're feeling and get help when you're going through a tough time. Show your strength by [finding support](#). It will strengthen your future too.
- **Social Fitness.** Drinking responsibly helps you stay in the [right mindset](#) to maintain healthy relationships, provide support to your buddies and give your loved ones what they need.

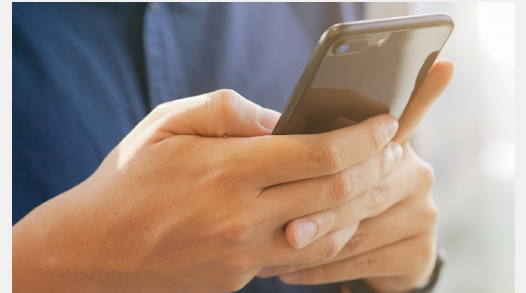
Let Service members know that reaching total mind, body and spiritual fitness is not a destination, it's a journey. The Own Your Limits campaign is here to help them reach optimal performance and readiness.

“[Total Force Fitness] is not something that someone achieves twice a year for a test. It is a state of being.”

- Then-Chairman of the Joint Chiefs of Staff, Adm. Michael Mullen

The Campaign

Share these new articles with Service members to help them own their limits:



- **[Four Ways to Celebrate Responsibly:](#)** Challenge yourself to drink responsibly if you choose to drink when celebrating. Check out this article to learn how!
- **[Preventing the Unthinkable:](#)** **Sexual Assault:** Did you know that alcohol is involved in a large number of sexual assaults, either by the offender or the victim, or both? Find out what you can do to protect yourself and others from these situations.
- **[We Need to Talk About Suicide:](#)** Learn about how alcohol can play a role in suicide and what you or a loved one can do if you're going through a tough time.

April is Alcohol Awareness Month.

Use this opportunity to promote responsible drinking efforts at at your installation or command by [ordering print and promotional products](#).

**OWN YOUR
LIMITS**

www.ownyourlimits.org

SERVE HONORABLY. DRINK RESPONSIBLY.

[Order free print and promotional materials](#) to support your local responsible drinking efforts.

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