



3d Marine Aircraft Wing Total Fitness Resources

Quick access to support resources for Marines, Sailors, and families.

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I MARINE EXPEDITIONARY FORCE

Spiritual Fitness is “Inner strength from higher purpose.” – ALMAR



Spiritual Fitness Guide: This is a self-assessment Tool to help service members determine their spiritual condition.

Green Zone	Yellow Zone	Orange Zone	Red Zone
Potential Indicators	Potential Indicators	Potential Indicators	Potential Indicators
• Engaged in life's meaning/purpose	• Neglecting life's meaning/purpose	• Losing a sense of life's meaning/purpose	• Feels like life has no meaning/purpose
• Hopeful about life/future	• Less hopeful about life/future	• Hold very little hope about life/future	• Holds no hope about life/future
• Makes sound moral decisions	• Makes some poor moral decisions	• Makes poor moral decisions routinely	• Engaged in extreme immoral behavior
• Fully engaged with family, friends, and community	• Somewhat engaged with family, friends, and community	• Weakly engaged with family, friends, and community	• Not engaged with family, friends, and community
• Able to forgive self and others	• Difficulty forgiving self or others	• Not likely to forgive self or others	• Forgiveness is not an option
• Respectful of others	• Less respectful of others	• Strong disrespect for others	• Complete disrespect for others
• Engaged in core values/beliefs	• Straying from core values/beliefs	• Disregards core values/beliefs	• Abandoned core values/beliefs

***If you find yourself in need of support, do not suffer in silence.
Immediately seek assistance from any avenue of support.***

Resources for Support:

Chaplain — Military and Family Life Counselors — Community Counseling
Program Leaders

Leaders — Family or Friend — MCCS One Source **800-342-9647**

Military Crisis Line: Dial **988** then press **1**

**Your religious ministry team cares about you and is committed to helping you
develop your spiritual fitness.**

Absolute 100% confidentiality is provided.

Contact your unit Chaplain for support.

SINGLE AND LOVING IT!

Valentine's Day isn't just for couples. It's a day to celebrate ALL forms of love—love for your friends, your community, and most importantly, yourself.

Being single can be a fun and powerful season in your life. It's a unique opportunity to learn new things, double down on your goals, and enjoy the freedom that comes with being the captain of your own ship.

This year, redefine the day. Instead of focusing on a "+1", invest in your #1: YOU.

EXPAND YOUR WORLD

Your life is bigger than a relationship status. Broaden your horizons and your network.

- **Strengthen Your Friendships:** Your real squad has your back. Organize a game night, plan a weekend trip, or simply be intentional about spending quality time together.
 - **Explore Your World:** Don't wait for a "+1" to travel. Take leave, book a flight, or just drive to a city you've never seen. Adventure is out there.
 - **Connect with Your Community:** Volunteer for a cause you care about. It builds purpose and connects you with like-minded people.
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ENJOY THE FREEDOM

Being single comes with unique perks. Embrace them!

- **Date Yourself:** Take yourself out to a nice dinner. Go to a movie solo. Enjoy your own company without distraction.
- **Own Your Schedule:** Relish the freedom to do what you want, when you want. The remote, the weekend plans, the music—it's all yours.
- **Disconnect and Recharge:** Spend an afternoon reading a book, listening to a podcast, or just enjoying the quiet. Your mental energy is a precious resource.

The goal isn't to find your other half. It's to become a whole person on your own.

Own this chapter. You've earned it.

FROM: 3d MAW Total Fitness Council

MEMORANDUM FOR 3D MAW LEADERSHIP

FROM: Assistant Wing Commander, 3d Marine Aircraft Wing, FMF

SUBJECT: REQUEST FOR RECOMMENDATIONS: REAL TALK INITIATIVE SPEAKERS

1. Purpose. This memorandum formally requests your recommendations for personnel to participate as speakers in the upcoming 3d MAW "Real Talk" initiative.
2. Background. The "Real Talk" initiative is being established to create an open and honest dialogue about harmful behaviors within our ranks. By sharing authentic experiences, we aim to provide real-world scenarios and their consequences, while also highlighting the supportive resources available to our Marines and Sailors.
3. Goals of the Initiative.
 - Goal 1: To conduct "REAL TALKS" with personnel, providing real-life examples and discussing the tangible consequences of harmful behaviors.
 - Goal 2: To facilitate a frank and open discussion about the local resources available to help mitigate these behaviors and support our team.
4. Action Requested. We request that you identify and recommend a few Marines and/or Sailors who would be effective speakers for this initiative.
 - Candidate Profile: Ideal candidates are individuals who have personally navigated challenging situations and can speak to their experiences. We are specifically interested in hearing from personnel who have experienced, and recovered from, events such as:
 - Using or experiencing violence in an intimate or dating relationship.
 - A DUI or Alcohol-Related Incident (ARI).
 - Suicide-related events (including ideations or attempts).
 - Sexually or racially harassing behavior.
 - Critical Requirement: In all cases, the recommended individual must have sought assistance from local resources and experienced a positive outcome, demonstrating the effectiveness of our support systems.
 - Exclusion Criteria: Please do not recommend any individual for whom there are ongoing legal issues or other privacy concerns that would preclude them from speaking publicly.
5. Support for Speakers. Participation is voluntary for all nominees. We will reach out to each nominee individually to ensure they are comfortable with and willing to discuss the relevant topics. Upon receiving your recommendations, the 3d MAW Behavioral Health Analyst, Stacey Willis, and COMMSTRAT will formally contact the identified personnel. Our team will provide public speaking training to prepare them for their role. Concurrently, our behavioral health team will work with the selected speakers to provide continuous support, acknowledging the personal difficulty that sharing these experiences may entail.
6. Your thoughtful recommendations are critical to the success and integrity of this program. Please provide your recommendations at your earliest convenience.



Therapy Dogs

PROVIDED BY PAWS FOR PURPLE
HEARTS

April 23rd
13:00-14:00
MWHS-3 AO

POC: Natalie Ramirez SAPR VA
858-644-9853
Lt. Madison Walls SAPR VA
858-398-7142

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BASKETBALL - TOURNAMENT -

STEP FOWARD AND BRING AWARENESS TO PREVENT
SEXUAL ASSAULT

FRIDAY APRIL 17TH
MAIN GYM

CHECK IN 08:15
GAME 09:00-11:00

REGISTRATION INFO

REGISTER WITH YOUR COMMAND SARC
NLT APRIL 15TH

5 PERSON TEAM AND MATCHING SHIRT
COLORS REQUIRED

STEPHEN.ATIENZA1@USMC.MIL

ALEXANDER.ARCE@USMC.MIL

RENATA.DELMORAL@USMC.MIL

HECTOR.OROZCO@USMC.MIL

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Additional resources

Behavior Health Analyst: Counseling Services: Yuma 928-269-2561 MCAS Miramar 858-307-1129 Camp Pendleton 760-769-3222. Other resources include your local Chaplain's office and embedded MFLC.

SMP: Single Marine Program events can be found at the following links:

<https://pendleton.usmc-mccs.org/marine-family-support/single-marine-program>

<https://sandiego.usmc-mccs.org/marine-family-support/single-marine-program>

<https://yuma.usmc-mccs.org/marine-family-support/single-marine-program>

SJA: Family Law assistance is always available to Marines via the Legal Assistance Office (miramarlegalassist@usmc.mil or 858-307-1656). Victims of domestic violence should contact MCAS Miramar VLC (Capt Stephen Sakowicz, 760-645-5949, stephen.t.sakowicz.mil@usmc.mil) for a free consultation with a Judge Advocate on their case

Marine Corps Community Services: [MCCS and Total Fitness](#)