

**Task:** Write an explorative essay on CAF program in the Air Force.

**Topic:** The CAF Program and the Air Force Instruction

**Type:** Exploratory Essay

**Length:** 2 pages

**Format:** MLA

**Requirements:**

Provide an in depth description of CAF Program. Describe its purpose, aspects applied and expected results.

## The CAF program and the Air force Instruction

It is important for Airmen to continuously get maximum care for themselves and their families. The tradition of CAF is a proactive approach that is intended to render the efforts of attaining maximal fitness successful.

AFI 90-506 was released April 2, 2014. It defines requirements for Comprehensive Airman Fitness, CAF, which is regarded as a holistic advance to establish over-arching Airman Fitness, strength and endurance. The Comprehensive Airman Fitness covers both military individuals, local people, and family members all of whom take part in CAF. It provides for a means through which Airmen understand and maintain fitness. By following the principles of the CAF, Airmen can hold each other answerable to AFC Values.

For Airmen to benefit maximally from the benefits inherent in the Comprehensive Airman Fitness principles, the concept has to be put into practice. It should not just be a buzzword or a public relations stunt to make Airmen look organized and structured. They should exploit it to attain useful resilience. The Air force Instructions (AFI) should just offer clarity on the specifics of the steps and procedures. To achieve and instill the CAF mindset, a set of programs and activities encompassing education and training efforts play a contributing role in supporting a fit, alert, and geared up force. The instructions entailed in the AFI provide Airmen, their peers and their leadership a carefully constructed and guided methodology on how often training has to take. This is achieved by making use of Individual Resilience Skills Training.

## Pillars of Comprehensive Airman Fitness

**Mental Fitness:** Airmen are encouraged to approach life's tests in a positive manner by showing stamina, self-control, good character and stamina with actions and choices, looking for and offering help.

Comment [AwfulEssa1]: Why uncap it?

Comment [AwfulEssa2]: Don't need this in caps, however.

Comment [AwfulEssa3]: This ending phrase is over the top.

Comment [AwfulEssa4]: Oooops.

Comment [AwfulEssa5]: Missing a comma.

Comment [AwfulEssa6]: Don't need it.

Comment [AwfulEssa7]: Cut

Comment [AwfulEssa8]: Might want to explain this to your readers....

Comment [AwfulEssa9]: Missing another comma.

Comment [AwfulEssa10]: What about airwomen?

Comment [AwfulEssa11]: You like taking out commas, don't you?

Comment [AwfulEssa12]: Weird use of a semicolon.

**Physical Fitness:** Participating and shining in physical activities that involve endurance, aerobic fitness, flexibility, body composition and strength derived through nutrition, training and exercise.

**Comment [AwfulEssa13]:** Missing something....

**Comment [AwfulEssa14]:** And again....

**Social Fitness:** Airmen are expected to develop and maintain valued and trusted personal friendships, which are personally satisfying and cultivate good communication, exchange of views, ideas and experiences.

**Comment [AwfulEssa15]:** Missing commas all over the place.

**Spiritual Fitness:** A set of principles, beliefs or values that sustain one's sense of health and purpose have to be strengthened. One needs a sense of reason in addition to meaning in life. It's

**Comment [AwfulEssa16]:** Comma, please.

critical to one's toughness as esprit de corps is important to a unit's task accomplishment. It incorporates religious faith, worldviews, values, ethics, morals and sense of purpose and a sense of connectedness.

**Comment [AwfulEssa17]:** Why use an informal tone all of the sudden?

**Comment [AwfulEssa18]:** Speaking Spanish or Latin for fun?

Individuals have to focus on each and every one of these pillars to avoid a scenario where vulnerabilities would occur. These vulnerabilities can be exploited by certain circumstances and situations that render the whole process unsuccessful. Newly enlisted Airmen need additional skills to transition to military life so they have a longer training. The very core of CAF is flexibility. Airmen (military, family members and civilian) have to be able to rebound from arduous situations that take place in their lives. Individuals need both good coping and resilience.

**Comment [AwfulEssa19]:** Comma needed.

**Comment [AwfulEssa20]:** More commamamamamas.

**Comment [AwfulEssa21]:** Zzzzzz.

**Overall Impression**

It's not too shabby, though for sure it gets annoying with all its missing commas and spontaneous weirdness.