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**MARINEFORCESRESERVE | JANUARY 2015**

# COMMUNICATOR

## BY THE NUMBERS

\* As of December 2014



**LT. GEN. RICHARD P. MILLS**

Commander, Marine Forces Reserve

"At the start of every new year, people around the world resolve to improve themselves in various areas of their lives. As Marines, this fits in with one of our leadership principles: know yourself and seek self-improvement. In order to maintain our status as America's 'force in readiness,' it is important to focus continuously on this principle. Recognizing the need for improvement is not enough. Take action; use sources available to you and provided by the organization, if needed. As leaders, we all should resolve for self-improvement at every opportunity. Make this year your best yet! Semper Fidelis."



Total Marine Corps Reserve

**108,795**

Individual Ready Reserve

**70,012**

Selected Marine Corps Reserve

**38,783**

Active Reserve

**2,256**

Trainees

**3,260**

Individual Mobilization Augmentees

**2,692**

Total SelRes

**39,031**

Calendar Year 2014

Funeral Support

**17,460**

CACO Support

**173**

Active Component End Strength

**184,788**

U.S. Navy End Strength

**1,736**

Exercises

**0**

Operations

**121**

Total Deployed

**216**

Authorized End Strength

**39,600**

**RESERVE SITES**  
 Tenant Locations **134** Family Housing Sites **3**  
 Owned Sites **27**

Click on the names below to view the bios and photos

# LEADERSHIP

Secretary of the Navy

Commandant of the Marine Corps

Assistant Commandant

Sergeant Major of the Marine Corps

Commander, Marine Forces Reserve

Executive Director, Marine Forces Reserve

Hon. Ray Mabus

Gen. Joseph F. Dunford, Jr.

Gen. John M. Paxton Jr.

Sgt. Maj. Micheal P. Barrett

Lt. Gen. Richard P. Mills

Mr. Gregg T. Habel

Sergeant Major, Marine Forces Reserve Sgt. Maj. Anthony A. Spadaro

Command Master Chief, Marine Forces Reserve CMDCM Eric E. Cousin

4th Marine Division

Maj. Gen. Paul W. Brier

4th Marine Aircraft Wing

Maj. Gen. William T. Collins

4th Marine Logistics Group

Brig. Gen. Patrick J. Hermesmann

Force Headquarters Group

Brig. Gen. Helen G. Pratt

# NEW YEAR

# 2014 2015 NEW RESOLUTIONS



## Kick The Habit

High risk alcohol use has become a "clear and present danger" to our people and our mission. Over the past decade, Marine Corps respondents report an increase in binge drinking.

Not using alcohol is always a responsible choice, and it is NEVER responsible to use alcohol if you have a diagnosis of alcohol dependence. Low risk alcohol use is represented by the numbers "0-0-1-3." This means "0" drinks if you are under 21, "0" DUI's, If you are of legal age, only have "1" standard drink within an hour, with no more than "3" standard drinks per day!

Four to five or more drinks in a row, in a relatively short period of time, is known as binge drinking and can be dangerous. Many deaths, injuries, assaults, sexual abuse, unsafe sex, poor work performance and health problems have all been associated with consuming more alcohol than the body can handle.

If you choose to drink, remember the phrase "0-0-1-3." Ensure you plan ahead of time who will be the designated driver, as well as a backup plan (e.g., a phone number for a taxi company or a sober buddy to come pick you up.) If you are hosting a party/social gathering where alcohol will be served, you are responsible to have a plan for monitoring your guests' alcohol consumption, ensuring that they don't drink underage or drive under the influence.

Information provided by Marine Corps Community Services and Livestrong.com.

For more information visit:

<http://www.livestrong.com>

and <https://www.manpower.usmc.mil>



## Get Fit

There are many components that work to optimize a Marine's physical readiness. Included among these are: physical fitness, diet and nutrition, injury prevention, and fatigue management. The recommended balanced approach requires consideration of all four aspects of physical readiness for optimum performance gains and combat conditioning.

The High Intensity Tactical Training (HITT) Programs which are comprehensive combat-specific strength and conditioning program that is essential to a Marine's physical development, combat readiness and resiliency. While not directive in nature, HITT supports commanders in their duties to optimize the combat readiness of their Marines. It complements other physical training that commanders and individual Marines utilize to obtain and maintain physical fitness. This scalable program is designed on three levels of escalating difficulty. The program can be used by individual Marines or as a unit training tool to plan and execute a unit's fitness training program for pre-deployment, deployment and post deployment.

Visit <https://fitness.usmc.mil> to learn more.



## Eat Healthy

Think about how your average meal looks: Is your plate colorful? Does it include 1/2 fruits and veggies, 1/4 lean protein, and 1/4 whole grains? Do you exercise regularly? Do you have activities or habits that help you relax and handle stress? If not, let's get you there within one month. This 31-day challenge is designed to help Sailors and Marines achieve optimal health and readiness by creating daily habits of healthy eating, active living and positive psychological and emotional well-being.

According to the Navy and Marine Corps Public Health Center, research shows people get full by the amount of food they eat, not the number of calories they take in. You can cut calories in your favorite foods by lowering the amount of fat and or increasing the amount of fiber-rich ingredients, such as vegetables or fruit.

To start the 31-day challenge visit <http://www.med.navy.mil/>

