



# Human Physical Performance



**Fitness and conditioning are a critical readiness requirement for all Military Service members, and physical demands for elite operators or those in austere, high-threat environments can be particularly intense. Enhancing the readiness of Service members for whom mission success depends on exceptionally high levels of physical performance and resilience calls for specialized approaches to achieving and maintaining unique types and levels of fitness.**

## **OUR APPROACH**

Leidos brings multiple fitness and conditioning specialties to bear—including exercise physiology, nutrition, field medicine, and strength and endurance training—to help Service members physically perform at optimal levels during the most demanding missions. Our goal is to elevate Service members to the specific level and type of tactical fitness needed for the mission at hand, and to ensure they can maintain their fitness not only throughout deployment, but also between deployments in order to maintain a constant state of readiness. We design unique practices and tools to enable each Service member to remain a tactical athlete even on extended missions in austere, high-threat environments with limited opportunity for conventional exercise.

## **OUR CAPABILITIES**

We draw on the backgrounds of our wide range of experts—many of whom served in elite units themselves—to apply the relevant scientific, medical, tactical, and behavioral insights and practices to the task of preparing Service members for extreme performance. Relying on evidence-based, adaptive approaches, starting with baseline evaluations, and continuing through fitness-building and maintenance-training phases, we align every step up with well-defined metrics in order to provide substantiated optimal outcomes in the field.

## Our physical-performance-building capabilities include:

- ▶ Program and performance evaluation
- ▶ Research programs
- ▶ Medical care
- ▶ Rehabilitation
- ▶ Exercise and fitness metrics
- ▶ Mobile technology integration
- ▶ In-theater assistance
- ▶ Behavioral coaching
- ▶ Equipment development and testing
- ▶ Electronic health record (EHR) integration
- ▶ Individual and group data analytics
- ▶ Nutritional program design
- ▶ Strength and endurance physiology
- ▶ Orthopedic care
- ▶ Non-pharmacologic pain management

## PROVEN SUCCESS

At Leidos, we pride ourselves on creating solutions to complex, technically challenging problems of national and global importance. We discover new ways to fight cancer and inoculate against infectious disease, defend our nation's most critical cyber networks against attack, manage a leading-edge electronic health record solution for the DoD with unprecedented scope, and modernize national health infection tracking with a cloud-based solution. In the same vein, we find new approaches to conducting, analyzing, and applying biobehavioral research for military health and readiness.

## WHY PARTNER WITH LEIDOS?

As a leading provider of data-driven, value-based solutions for the U.S. government, we understand our customers and their missions. By bringing our expertise in biobehavioral research, clinical care, support services, and technology to bear, we deliver solutions that provide immediate benefits aimed at our customers' most important needs. Our multi-domain knowledge in the underlying science enables us to take a disciplined, efficient, evidence-based approach that distinguishes our integrated and holistic solutions.

## NEXT STEP

Elite physical performance is of critical value to many Service members. For a better approach to building fitness, visit us at [leidos.com/human-performance](https://leidos.com/human-performance).

## ABOUT LEIDOS

Leidos is a Fortune 500® health services, information technology, engineering, and science solutions leader working to solve the world's toughest challenges in the defense, intelligence, homeland security, civil, and health markets. The company's 37,000 employees support vital missions for government and commercial customers. Headquartered in Reston, Virginia, Leidos reported annual revenues of approximately \$11.09 billion for the fiscal year ended January 3, 2020.