

Civilian Employee Fitness Training Program

DATES: 17 October – 12 April 2012

LOCATION: Fort Stewart/HAAF, Ga.

HOURS: (Mon, Wed, Thu) 1500 – 1600 Hours **COST:** None
(*Tues if a Holiday falls on Monday*)

BACKGROUND: Many studies have concluded that employees who engage in good health practices and a regular fitness program have a higher energy level, lower health care expenditures, better quality of life with less stress, and improved health. The positive results for the employer are decreased absenteeism and employee turnover, improved morale, attitudes and higher productivity.

COURSE OBJECTIVES: To provide a comprehensive fitness program for civilian employees encompassing health, well-being, and physical fitness.

COURSE CONTENT: The fitness program will consist of classroom/individual training in the areas of proper walking/jogging, shoe selection, benefits of participating in a fitness program on a regular basis, nutrition/weight loss, and smoking cessation. The program will focus on the five components of fitness (cardiovascular, muscular strength, muscular endurance flexibility, and body composition). Additional training may be provided according to individual/group interest when instructors are available. Participants enrolled in the program will be expected to work out on their own. During the comprehensive program, participants will have the opportunity to engage in organized physical fitness activities (e.g., walking, jogging, aerobics, swimming, and strength training) three times per week for up to 60 minutes. The program will focus on the five components of fitness (cardiovascular, muscular strength, muscular endurance flexibility, and body composition). Class size is limited to 25 participants.

PROJECTED AUDIENCE: All Fort Stewart/Hunter Army Airfield installation DA and DoD civilian employees, who are interested in learning how to develop, and maintain good health and physical fitness.

ENROLLMENT PROCEDURES:

1. Each Directorate within the Ft. Stewart Installation will have the opportunity to enroll interested participants in the Civilian Fitness Program. Personnel employed at Fort Stewart and Hunter Army Airfield will be enrolled on a first-come – first-served basis. All selected individuals must fulfill all of the following requirements to obtain an available slot for the fitness program:

1. Complete the “Memorandum of Understanding for Civilian Employee Participation.”
2. Complete the “Medical Consideration Health History Form.”
3. Ensure supervisor complete the “Memorandum of Understanding for Subordinate Civilian Employee Participation.”

4. Obtain a physician's health release or similar statement from a health care provider (if over 40-years (male), or over 50-years (female)).
5. All individuals must first enroll into the President's Fitness Challenge Program. Registration can be found at <http://www.presidentschallenge.org/>

2. It is the participant's responsibility to ensure that the forms listed above are completed and provided to your **Directorate Training Coordinator**.

3. Interested individuals referred by their Directorate will be given an available slot after ALL forms are received and approval granted.

PARTICIPANTS RESPONSIBILITIES: Submit completed Enrollment Packets to the Newman Fitness Center, (Ft. Stewart) , building # 439 or the Tominac Fitness Center (HAAF), building #919, prior to the first day of each session. Attend the Fitness Assessment Class on 17 October 2012 at Newman or 17 October 2012 at the Tominac Fitness Center. The Fitness assessment is mandatory for enrollment and will be conducted Monday 17 October 2012 from 1400-1600. Attendees should be in workout attire. After confirmation of enrollment all participants will be expected to attend all scheduled classroom and workout sessions at Newman or Tominac Fitness Center from 1500 – 1600 on Monday, Wednesdays, and Thursdays for the 6 month period. The three hours per week must be used for your workouts only and not for any other personal leisure activities.