



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
UNITED STATES ARMY MEDICAL DEPARTMENT ACTIVITY
REDSTONE ARSENAL, ALABAMA 35809-7000

MCXW-CO

6 October 2003

MEMORANDUM FOR All Soldiers, Fox Army Health Center, U.S. Army Medical Department Activity, Redstone Arsenal, Alabama 35809-7000

SUBJECT: Commander Policy Letter 03-13: Physical Fitness and Weight Control Program

1. Physical exercise is an essential part of a Soldier Medic. It is through exercise that the physical and mental stamina necessary for victory on the battlefield is developed. Good physical fitness programs require imagination. Three things are essential.

a. Strength: To strengthen muscles, vigorous, strenuous and repetitive exercise must be conducted on a daily basis, five days a week. Strength can only be improved through repetition exercise. Running develops lower muscles, but often upper body muscle groups are neglected.

b. Cardio-respiratory Conditioning: As with strength development, cardio-respiratory conditioning relies on regularly scheduled exercise. Physically sound and healthy soldiers can only be developed through appropriate physical training programs.

c. Courage: Courage is the final element of physical and mental toughness. It is essential to everything that the soldier does. Courage allows soldiers to handle stress in moments of undue hardship.

2. Implementing Instructions:

a. A total approach to fitness is necessary and will be conducted at the section level. Your program should foster a positive lifestyle in addition to exercise and must provide a climate and environment that moves soldiers in that direction. Reinforcement of the positive attributes of an appropriate physical conditioning regimen is essential.

b. Physical and mental toughness are states of preparedness that must never be compromised.

c. Personnel with valid profiles will be separated and placed in a special fitness group designed to allow maximum physical fitness participation within the designated limitations.

d. Every member of the chain of command must emphasize physical conditioning.

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e. The APFT will be administered to eligible soldiers semi-annually. These tests will allow the command to assess the physical fitness of the soldiers within the MEDDAC.

f. Soldiers failing the APFT will be flagged and will be counseled on special population physical training. All soldiers failing an APFT will attend Special Population PT conducted by the Medical Company.

g. Part of the Medical Company's APFT procedures is to weigh-in soldiers after the APFT. Soldiers are to report to the designated weigh-in site immediately following the two-mile run.

h. Soldiers will be weighed and taped by designated soldiers. Personnel not in compliance with their authorized weight will be taped IAW AR 600-9. If the soldier is not within body fat standards, then the soldier will be flagged immediately. IAW AR 600-9 individuals will complete a medical evaluation and nutrition counseling. Weight Control Program personnel will weigh in monthly and the 1SG of the Medical Company will ensure proper documentation is immediately initiated IAW AR 600-9. All soldiers in the Weight Control Program will attend special population PT conducted by the medical company.

3. Guidance:

a. Soldiers assigned to this MEDDAC are highly encouraged to meet the following PT standards:

(1) To break a sweat every PT period.

(2) To attain an overall APFT score of 240 or higher with a minimum of 80 points per event.

(3) Full 60-minute workout.

b. Be sensitive to new soldiers who may not be in condition. Do not push too hard, too quickly. However, each new soldier should clearly understand what is expected and what the standards are. New soldiers will take a diagnostic APFT within 30 days after arrival.

4. Commander's Challenge: Physical Fitness Incentive Program

a. A **four-day pass** and certificate of achievement will be awarded to each soldier who scores 300 on the APFT.

b. A **three-day pass** and a certificate of achievement will be awarded to each soldier who scores 280 or above on the APFT with a score of at least 90 or above in each event.

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c. All soldiers who score **95 points or higher in each event** for a total APFT score of 285 or higher will not be required to attend organized PT.

5. All substantiated violators of this policy and/or EO violation will result in appropriate adverse administrative action and/or punishment under the Uniform Code of Military Justice.

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Commanding