



CHIEF's Sight Picture

12 December 2003

Fit to Fight #4 – Supporting Fitness

Direct, immediate, and overwhelming feedback from the field says that airmen are taking the new fitness challenge seriously. We've seen as much as a 30 percent increase in the use of our fitness centers in the last three months. Clearly an Air Force-wide culture change is underway.

Our Fitness Centers, along with the Health and Wellness Centers, support a critical component of operational readiness. Many of you have noted that we now need to invest in our Fitness Centers to accommodate this increased use. And we are doing just that. From 2000 to 2005, we will renovate or construct 36 fitness centers. I have encouraged all commanders to include fitness center construction requirements in their military construction budget submittals and to provide adequate funding for equipment and training. We must provide the necessary resources to support and maintain all areas of fitness, including center construction, running trails and tracks, physical training fields, and improved fitness equipment. Allocating resources shows our commitment to fitness and our Fit to Fight effort.

As we expand our focus on fitness, the Air Force Sports Program continues to be a great showcase for Air Force fitness. I support and encourage our talented Air Force athletes who dedicate themselves to training and representing the Air Force in events around the world. Participants in Air Force Sports vie for advancement to Armed Forces, national and international competitions. Our 2003 athletes represented the Air Force at many events with numerous accomplishments:

- One of our Air Force wrestlers is a six-time Armed Forces Greco-Roman Champion
- We have three All-American Softball players
- We have two USA Track & Field national champions
- Our skeleton racer finished third in the World Cup competition
- And we have the number one fencer in the nation!

Our athletes represent the United States Armed Forces in 14 Conseil International du Sport Militaire Championships each year. This 122-nation organization promotes goodwill in the international military community through sports competition. We also have twenty Air Force members who are part of the World Class Athlete Program, training to qualify for the United States 2004 Olympic Team in their respective sport. I salute the talent, dedication, and hard work of our Air Force athletes. Their positive representation of the Air Force to the public is invaluable for recruiting, retention, and esprit de corps and serves as an inspiration to us all in achieving warrior fitness.

I am extremely proud of our Air Force Sports and Fitness programs. They contribute to our readiness and quality of life and will improve the health and fitness of our force. During my travels around our Air Force, I plan to visit our fitness and health and wellness centers. I hope to see you there, preparing to meet the physical demands of our expeditionary force and getting Fit to Fight.

January 2004 – Get set!




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