



DEPARTMENT OF THE AIR FORCE
UNITED STATES AIR FORCES IN EUROPE

FEB 02 2004


MEMORANDUM FOR ADDRESS #2—MAJOR USAFE UNITS
ADDRESS #4—USAFE BASE SUPPORT ORGANIZATIONS

FROM: USAFE/CV
Unit 3050 Box 1
APO AE 09094-0501

SUBJECT: Fitness Program Policy for GSUs

1. The new Air Force Fitness Program and our USAFE Combat Fitness Program provide the essential foundation for improving the physical fitness of our airmen to meet the growing demands of our combat culture. This memorandum implements policy to help commanders effectively accomplish the Fitness Program implementation at USAFE GSUs. Details for this implementation are found in the attachment. This policy augments AFI 10-248, Fitness Program, and supersedes the Weight and Body Fat Management Program guidelines for GSUs contained in the USAFE/CV Memo, dated 20 Dec 99.

2. Please implement in conjunction with the requirements of AFI 10-248. The command POC is HQ USAFE/SGP, DSN 480-6757, e-mail: usafe.sgp@ramstein.af.mil.


ARTHUR J. LICHTÉ
Lieutenant General, USAF
Vice Commander

Attachment:
GSUs Fitness Program Implementation

ATTACHMENT 1

GEOGRAPHICALLY SEPARATED UNIT (GSU) FITNESS PROGRAM IMPLEMENTATION

A commander-driven physical training program with unit-based testing is the foundation of the new Air Force Fitness Program. In accordance with paragraph 6.3, AFI 10-248, Fitness Program, the following is supplemental policy for USAFE GSUs.

1. GSU Unit commanders are responsible for establishing and ensuring members regularly participate in physical training programs IAW paragraph 1.12 of AFI 10-248. This policy applies to AF members assigned to and/or serviced by the USAFE area of responsibility.
2. The Fitness Program Manager (FPM) at the supporting main operating base (MOB) will provide fitness expertise on establishing local procedures for the 1.5-mile timed run, one-mile walk test, and cycle ergometry; training for physical training leaders; and approval of unit fitness training programs. Air Force members should participate in fitness activities a minimum of three times per week and are encouraged to log fitness activity participation into the FitLinxx system, where available, (see www.combatfitness.org for details and instructions) with a goal of at least 12 times per month. Those who log fitness participation via FitLinxx will be awarded FitPoints for their activities and will be eligible for USAFE Combat Fitness incentive rewards.
3. For GSUs having no healthcare provider assigned, the following applies when answers to a medical screening questionnaire require a visit with a medical provider.
 - a. Use a provider at the nearest US military medical treatment facility (MTF), by agreement when necessary, to accomplish the provider visit and physical profile.
 - b. If the closest facility is a non-AF MTF, the individual must ensure the medical profile is forwarded to their MOB MTF to make certain appropriate physical standards are applied, member continues to meet worldwide duty qualifications and follow up is done as required.
4. Independent Duty Medical Technicians (IDMT) can provide medical screening at installations where they are the sole medical provider. The IDMT will confer with the supporting Medical Treatment Facility physician preceptor for additional guidance and resolution, as required.
5. Face-to-face participation in the required education and intervention components of the Fitness Program is preferred. However, location and travel funding may dictate that lifestyle counseling must occur via teleconference, telephone, and using e-mail. The Healthy Living Workshop (HLW), Fitness Improvement Program (FIP) and Body Composition Improvement Program (BCIP) must be coordinated through the member's MOB AF Health and Wellness Center (HAWC). When counseling is not conducted face-to-face for BCIP, FIP or HLW, the AF Form 108, Fitness Improvement Program Processing, will be mailed or faxed to/from location of

counselor to annotate that counseling was provided. An alternate to this requirement is a memorandum by the authorized counselor that includes the date that all counseling requirements were completed. All visual aids and educational materials will be provided electronically or mailed by the HAWC.

a. Each HAWC provides a HLW teleconference accommodating the 10-duty day requirement for education.

b. Members enrolled in the FIP are required to participate in the HLW and coordinate exercise requirements prescribed by the FPM with their commander and Unit Fitness Program Manager (UFPM). Any necessary individualization of fitness prescription by the FPM may occur via telephone or e-mail. Monthly follow-up teleconferences are available with FPM until member achieves score > 70. Any exceptions to the HLW or FIP will be reviewed and authorized in writing by the Command Fitness Program Consultant in coordination with the supporting HAWC.

c. An authorized nutrition counselor IAW AFMAN 44-144, Nutritional Medicine Management, must conduct the BCIP. All nutrition counselors (other than AF registered dietitians) require re-certification every 2 years by the Command Nutritional Medicine Consultant or his/her designee. BCIP enrollees must also participate in HLW and FIP. Standardized education materials, to include nutrition food diaries will be provided to members enrolled in BCIP. Exceptions to BCIP will be reviewed and authorized in writing by the Command Nutritional Medicine Consultant in coordination with the supporting HAWC. Exceptions include comprehensive programs that meet AF criteria, as determined by Command Nutritional Medicine Consultant, conducted by qualified providers at other military medical facilities. Initial and follow-up BCIP counseling will be recorded on a SF 600, Chronological Record of Medical Care, for inclusion in the member's medical record.