

Vogelweh Fitness Center "Flexible Friday" Program

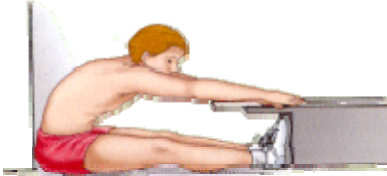
WHO – Vogelweh Germany, home of the 431st Air Base Squadron

WHAT - “Flexible Fridays”

WHEN – Month of January every Friday – all day long

WHERE – Vogelweh Fitness Center

WHY – The pillars of fitness are cardiovascular training, strength training, and flexibility. Folks are tested routinely in the areas of cardio and strength training especially with the annual Air Force and Army physical fitness tests, but rarely do personnel test their flexibility. Flexibility and stretching routines should be a consistent part of everyone’s overall physical workouts to help prevent injuries and improve athletic performance.



HOW – The Vogelweh Fitness Center chose “Flexible Fridays” in the month of January to capitalize on the New Year’s resolution crowd to perform testing. Using the simple Sit and Reach test the Vogelweh Fitness Center conducted tests throughout the day after Unit PT, or any patrons wishing to participate. They also used incentives by providing complimentary drinks and a t-shirt for all participants. 165 folks participated with 16% testing Superior, 19% Excellent, 26% Good, 24% fair, and 10% poor. This test is not administered with normal Air Force or Army fitness testing and pointed out the importance of stretching. Handouts for proper stretching routines and techniques were provided to all customers.

The Sit and Reach Test is conducted as follows:

- The starting position is sitting on the floor with shoes removed, feet flat against the table, and legs straight
- Reach forward and push the fingers along the table as far as possible
- The distance from the finger tips to the edge of the table represents the score for that person
- As the 'sit and reach' table has an overhang of 15" , a person who reaches 3" past their toes scores 18
- It is important to warm-up and three tries are attempted, the best score is recorded

Flexible Friday participants enjoy a complimentary drink



Testing for “Flexible Fridays”



Staff conducting this simple “Sit and Reach” test



Units conducting PT were a good warm-up!



“This was a simple program to run, fun for the staff, somewhat painless for the participants, and provided a quick feedback for the customers with a snapshot of their overall flexibility score!” -- Fitness Center Director, Mr Bill Gurr

Questions can be directed to Mr. Bill Gurr, Vogelweh Fitness Center Director at bill.gurr@usafe.ds.af.mil