Liberty Press *Weekly*

512th Airlift Wing, Dover Air Force Base, Del.

Fit to Fight:
Yes you can

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512th Memorial Affairs Squadron commander

Whether it's to pass, maintain, score excellent or attain 100 percent, many are challenged by the Air Force's Fit to Fight standards. My advice as an exercise physiologist is to tell you to whip up your determination, and never give up on your goal. There are many ways for you to meet your fitness objective, but here are some basics to consider. Please remember, if you have specific health concerns, consult with your physician before beginning any new exercise regimen.

Review Air Force Instruction 36-2905, Fitness Program

It's important to start by locating the specific test criteria for your age and gender. Highlight the thresholds where the scores change between high risk to moderate risk, moderate risk to low risk, as well as criteria for scoring in the 100 percentile.

Prioritize daily schedules to include workout time

If you're in an improvement mode, as opposed to maintaining your fitness level, be sure to exercise at least one hour, five to six times per week, in order to contribute to a successful fitness assessment. If your schedule is full, try to set your alarm clock one hour earlier. That extra hour can allow time for training before you start the work day.

Include specific training that targets evaluated areas

Train like you test. Include a run or walk, push-ups, sit-ups and abdominal circumference portion to your training routine. Be sure to incorporate resistance training along with forms of cardiovascular respiratory exercise. Also, be aware of your caloric intake while increasing duration and intensity of your cardio work-out to reach your abdominal circumference goal. Lastly, try increasing your water intake, and be sure to document the content of your work-outs.

Look for ways to enjoy workouts

Talk to others who have faced challenges in their fitness but have passed or improved and find out what played a part in their achievement. Visit the Health and Wellness Center to review available fitness programs and classes, as well as tips in encouraging healthy weight loss. Get inspired by reading materials regarding fitness improvement.

Whatever your fitness goals are, remain positive and never give up. You'll have good and bad days, but always remember you can do it.

Just a click away

1. Tricare premium rates take effect Jan. 1
2. Air Force releases selective reenlistment bonus list

Off he goes into the wild blue yonder

Airman Byron White, 709th Airlift Squadron, graduated from Air Force Basic Military Training in December. Before White left for basic training, he participated in the 512th Airlift Wing's Development and Training Flight program here, where he learned the proper wear of the uniform, physical fitness standards and memorized the Air Force song, creed and core values in preparation for the eight-week training at Lackland Air Force Base, Texas. White is slated to become a C-5 loadmaster. (Photo by Senior Airman Joe Yanik)

Awards banquet tickets available

The 512th Airlift Wing Annual Awards Banquet is scheduled to take place at 6 p.m. March 2 at the Rollins Center inside Dover Downs. Tickets for the event can be purchased through each squadron's first sergeant and senior air reserve technician. They're available through Feb 20.

The cost to attend for enlisted members E-1 to E-6 and civilian employees GS 01 to GS 07 is $35. The cost to attend for officers, enlisted members E-7 to E-9 and civilian employees GS 08 to GS 14 is $45. For military members, the attire is the mess dress uniform or the semiformal dress uniform. Civilians may wear evening attire.

Don't miss wing commander's call

The wing commander's call briefing for the 512th Operations and Maintenance Groups is scheduled for 7 a.m. Jan. 5, and the briefing for the 512th Mission Support Group, the 512th Aerospace Medicine Squadron and wing staff agencies is scheduled for 7 a.m. Jan. 6. Both commander's calls are at the base theater.