



REPLY TO  
ATTENTION OF

**DEPARTMENT OF THE ARMY**  
HEADQUARTERS, FORT HOOD  
1001 761ST TANK BATTALION AVENUE  
FORT HOOD, TEXAS 76544-5000

AFZF-HP

**COMMAND POLICY**  
HP-01

**JAN 31 2011**

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: III CORPS AND FORT HOOD CIVILIAN FITNESS PROGRAM

1. REFERENCE.

- a. AR 600-63, Army Health Promotion, 7 September 2010 Rapid Revision.
- b. IMCOM Policy #17-Civilian Wellness, 13 September 2010.

2. APPLICABILITY. This policy applies to all fulltime Department of the Army Civilian employees serving at III Corps and Fort Hood, Texas.

3. PURPOSE. The Civilian Fitness Program is a voluntary program designed to optimize organizational readiness and work performance to full time civilian employees. With approval from the supervisor, the employee may use three hours leave per week to engage in physical training for a six month duration. Supervisors will ascertain restrictions as to when the employee may take this three hour block of leave throughout the week. The employee must be accountable for his or her actions and the supervisor must ensure that the employee is using the specified time during the agreed upon date and time.

a. Reporting: A pre and post program evaluation will be conducted. The employee must complete the pre assessment to be enrolled in the program and the final assessment to be considered as satisfying the requirements of the program.

b. Participation: Employee must obtain a Civilian Fitness Enrollment packet and registration information through the online Community Resource Guide located at [www.hood.army.mil/resources](http://www.hood.army.mil/resources).

4. The point of contact for this action is Wendy Lakso, III Corps and Fort Hood Health Promotion Officer, at 254-288-7772, or email at [wendy.lakso@us.army.mil](mailto:wendy.lakso@us.army.mil).

WILLIAM F. GRIMSLEY  
Major General, USA  
Acting Commander