



Civilian Fitness Program

What is Civilian Fitness?

- A DA approved fitness program in which civilians and Local Nations employed by the Army are encouraged to engage in regular program of exercise and other positive health habits.
- Commanders and Supervisors may approve and allow for three one-hour exercise sessions each week during normal work hours for a total of 78 hours total over a consecutive 6 month period of time.
- Civilian Fitness- is a ***one time enrollment opportunity***.
- **Goal:** to provide motivation for participants to maintain healthy behavioral changes measured by initial and post- assessments through the development of an exercise/nutrition program appropriate for each participants lifestyle.
- Supervisor approval and support is necessary for official entry and program success.

Why become a Participant?

- Health Benefits
 - Stress Management
 - Nutrition Education- recipes/tips on how to incorporate healthy nutrition into your busy life
 - Positive Attitude – better overall outlook on life situations; improve mental awareness
 - Decrease risk factors associated with debilitating diseases (heart disease, stroke)
- Increase Work Performance
- Less chance of illness/injury as a result of a regular exercise program
- Develop positive lifestyle behavior through participating in a regular exercise program
- Receive weekly health and fitness tips to supplement you fitness prescription
- Set goals and realize them over 6-month period; participants are able to compare pre-/post- assessment numbers.

What Assessments will be available?

- Medical Considerations and Health History Review
- Blood Pressure Measurement
- Body Composition
- Cardio and Respiratory Endurance
- Flexibility
- Fitness Prescription

When Can I start?

- Civilian fitness assessments are ongoing, contact the wellness center to schedule an appointment for a physical assessment; Participants are enrolled for a period of 6 months.
- Final assessments are mandatory and will take place to mark successful completion of the program .

Who should I contact?

For an appointment: call the USAG Vicenza Army Wellness Center at DSN: 634-8186.

For program questions and guidelines contact: USAG Vicenza Health Promotion Officer at DSN: 634-8828.

Italian Local National employees require supplemental liability insurance to participate (Polizza di Assicurazione). Proof of insurance must be brought to the enrollment assessment and is at the expense of the employee. For information about the insurance, please contact Mr. Tony Marino at DSN 634-6553 or tony.marino@us.army.mil.

To view the enrollment package online, go to

<http://www.chppmeur.healthcare.hqusareur.army.mil/default.aspx?tabid=97>