



Duty Hours:

Mon, Wed, Fri: 0900-1700 hrs

Tues & Thurs: 0800-1700 hrs

535-HAWC

CHACE FITNESS CENTER, T-333

Wellness Programs



- BE WELL Class
 - Every Tuesday 0900-1100 hrs
 - Mandatory for all “Unsatisfactory” Physical Assessment scores

Fitness Programs

- Individual exercise plans
- Micro Fit Assessments
- Pre-Natal Exercise Prescriptions
- Stroll & Go!
 - Mondays 1000 / Fridays 1600
 - Location check out Facebook page
- Reconditioning Class (RECON)
 - Monday- Friday, 0600-0800



Nutrition programs

- ◎ Individual Nutrition Counseling
- ◎ Healthy Heart Class
 - High Cholesterol
 - High Blood Pressure
- ◎ Pre-Natal Nutrition
- ◎ Healthy Cooking Class
 - Once a month
- ◎ Tours
 - Commissary, Contiente, Organic Market.



Tobacco Cessation Program

- Freshstart Tobacco Cessation Program
 - By the American Cancer Society
- Once a quarter or upon request
- 2 weeks long (4 hrs total, 1 hr per session/day)
- 7 Professional Speakers
 - Doctor
 - Mental Health Clinic
 - Nutrition Specialist
 - Fitness Specialist
 - Pharmacy Clinic
 - Military Family & Life Consultant



Other Classes

- ⦿ Physical Training Leader
- ⦿ Unit Fitness Program Manager
- ⦿ CPR Certification Class
 - Must be current to be a PTL or UFPM
 - Expires every 2 years



“HAWC, 65 ABW”