

FITNESS CENTER ACTION PLAN Health/Wellness 2004

GOAL 1: Provide Health/Wellness information to the FT Monroe community.

STRATEGY: Create a monthly health/wellness focus.

LONG TERM OBJECTIVE: Improve wellness and physical well being of FT. Monroe population.

SHORT TERM OBJECTIVES:

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| 1. Identify monthly focus points | Feb 04 |
| 2. Post on calendar and e-zine | Mar 04 |
| 3. Coordinate with Ft. Eustis and other Health Agencies | Mar 03 |

GOAL 2: Effectively Utilize the Fitlinxx system.

STRATEGY: Develop and market program

LONG TERM OBJECTIVE: Introduce, implement, and evolve Fitlinxx with the Fitness/Wellness Program.

SHORT TERM OBJECTIVE:

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| 1. Install new Fitlinxx system | Jan 04 |
| 2. Train staff on system operations and introduce to customers. | Feb 04 |
| 3. Expand programs and implement customer initiatives utilizing FitLinxx. | May 04 |

GOAL 3: Fitness Center staff trained at Premier Fitness Center standards.

STRATEGY: Identify key personnel and objectives for attaining successful program.

LONG TERM OBJECTIVE: Cross train staff in both areas.

SHORT TERM OBJECTIVES:

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| 1. Establish training coordinator. | Jan 04 |
| 2. Identify training. | Feb 04 |
| 3. Obtain funding and schedule training. | Mar 04 |

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