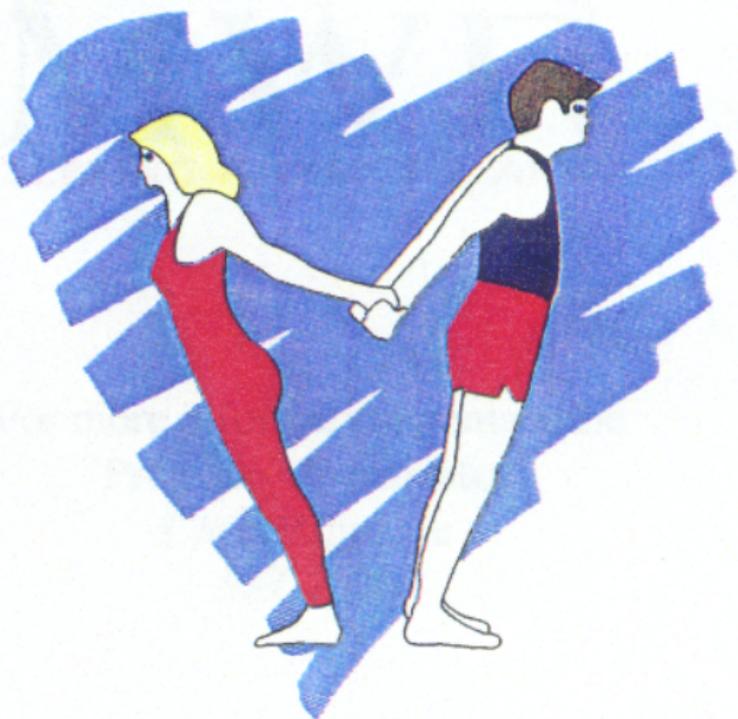




Presents
Wellness
to
Fort
Monmouth.



Fort Monmouth's Work Force Wellness Program is here. Set for participation by the entire Army Family community, the program is heartily endorsed by General Nabors and LTC Johnson as well as by the US Surgeon General, American Medical Association, Department of Defense and Center for Disease Control and Prevention. Described by the Surgeon General, a work force wellness program "is nothing less than a national call to action." In recognition that our sedentary, but stressful life-styles increase health risks to all levels of our well-being, a wellness program is designed to encourage incorporation of fitness principles into a healthy life-style. General Nabors commented, "This is an extremely important program and I expect supervisors at all levels to be supportive. A physically fit work force will increase productivity levels, exhibit more positive thinking and better self-esteem, experience an improvement in morale, spend far less time and money combating illness or injury and generally, find life much more enjoyable."

The Army's focus on health promotion and wellness has led to a new six month program which includes an applicant's health screening by a personal physician and a teaming approach to building individual fitness goals with Mark Smith (MWR's Physical Fitness Center) and

Joan Vetter (Community Health Nurse-PACH) as well as other members of the MWR and PACH wellness program teams. Pre-program assessment levels will also be taken. Participants must also enter into an agreement with their supervisors since authorization of administrative leave for 3 hours of exercise per week is part of the program. These 3 hours of exercise must be accomplished on Post and cannot be accumulated. They must also fall within acceptable fitness program guidelines (aerobic/cardio-respiratory) rather than the exercise related to golfing, bowling or leisurely strolling. The current initiative includes periodic assessments and measurements of progress. Each participant will work with a monitor consistently throughout the six month period who will initial a participant's exercise log at the start and end of each session. As "wellness warriors" progress through the program, the inter-relationship of their efforts, dedication and determination will become very clear.

Life-style education will also be a part of the program with the requirement that each participant attend a minimum of four classes during the six months. Smoke-cessation, foot care, nutrition, and personal growth are examples of educational support for all those transitioning to more positive health practices.

The completion of the program will include post-assessment and evaluation by participants and supervisors so that each successive wellness program will be marked by improvement and more efficient methods of administration. Members of the community may participate formally in a wellness program only once; after they have "graduated" from a six month phase, they will be looked to for mentoring new wellness "warriors," so that succeeding programs can be expanded. An on-going wellness support group is also under consideration so that wellness program graduates continue to practice what they've learned.



For more information contact the
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