



**DEPARTMENT OF THE ARMY
US ARMY INSTALLATION MANAGEMENT COMMAND
HEADQUARTERS, UNITED STATES ARMY GARRISON, FORT HAMILTON
BROOKLYN NEW YORK 11252-5300**

REPLY TO
ATTENTION OF:

IMHA-MW-G

12 February 2017

MEMORANDUM FOR CIVILIAN FITNESS PROGRAM

SUBJECT: ENROLLMENT PACKET

Civilian approval program in which civilians employed by the Army are encouraged to engage in a regular program of exercise and other positive health habits. Commanders and Supervisors may approve and allow up to three one-hour exercise sessions each week, during normal work hours. This will be in administrative leave status and continuous enrollment.

Civilian Fitness enrollment opportunity

Goal: to initiate and maintain health behavioral changes via initial – and post – assessments and development of an exercise program appropriate for each participants lifestyle. Supervisor approval and support is necessary for official entry.

WHY BECOME A PARTICIPANT?

Health Benefits

- Stress Management
- Nutrition Education-recipes/tips on how to incorporate health nutrition into your busy life
- Decrease risk factors associated with debilitating diseases (heart disease, stroke)

Less chance of illness/injury as a result of a regular exercise program
Develop positive lifestyle behavior through participating in a regular exercise program
Positive attitude – better overall outlook on life situations; improve mental awareness
Receive weekly health and fitness tips to supplement you fitness prescription
Set goals and realize of your performance. 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-Respiratory Endurance
- Flexibility

Fort Hamilton Family MWR – Additional Complimentary Fitness benefits:

Continuous motivation, resiliency, inspiration, and exercise routines,
Flexible scheduling of workout sessions and three fitness assessments!!!
Read and Fill out Forms, then call or email for an Appointment.

Michael C. Ingram
Director, Sports and Fitness