

NEWS RELEASE

UNITED STATES AIR FORCE

HEADQUARTERS STANDARD SYSTEMS GROUP

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Team SSG gets “fit to fight”

By Master Sgt. Darlene M. Foote

SSG Public Affairs

MAXWELL AIR FORCE BASE - GUNTER ANNEX, Ala. – The SSG Fitness Program is well underway and running like a well-oiled machine.

Thanks to the efforts of 55 volunteer physical training leaders, more than 780 SSG members are Fit to Fight, or at least well on their way there.

The PTLs, who have all attended training and are CPR certified, help members with warm-ups and cool-downs, sit-ups and push ups, as well as completing the mile and a half run three times a week.

Testing began Jan. 8. To date 15 percent have been tested with 79 percent scoring Good or Excellent for an overall 86 percent success rate. Thirty four members were also presented the Air Force Materiel Command Commander’s Fitness Coin for exceptional performance during February’s Commander’s Call.

Ms. Brenda Cherry, SSG’s wellness director, is excited about the results, thus far. “The camaraderie and esprit de corps shown here is exhilarating,” she said. “Our fitness levels match

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SSG “fit to fight”

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the results that of the command ... we are getting and staying fit,” said Ms. Cherry.

Those who failed the fitness test are required to attend the Force on Resistance Conditioning Exercise Program (FORCE), which began Feb 17. The class is held every Tuesday through Thursday from 6-7 a.m. at the Gunter Fitness Center. According to Ms. Cherry, the FORCE training is based on circuit training, and she is already seeing positive results from those attending. “While the class is primarily for those who did not do well on the fitness test, it is open to anyone who wants a good workout,” she said.

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