

Fitness & Sports

Success rates up for body fat management program

By Staff Sgt. Michael Duhe
437 AW Public Affairs

A drop in the number of people failing the Weight and Body Fat Management Program is a "very positive trend," according to Lt. Col. Gary Cook, 437th Mission Support Squadron commander.

Cook outlined the statistics during a recent wing climate assessment briefing. In December 1999, 17 WBFM program participants were recorded as making "unsatisfactory progress" following a mandatory three-month exercise and dietary period. That number dropped to 10 in March.

Consequently, the number of program enrollees successfully moving on to the six-month observation period after the initial exercise and dietary period is up from 21 to 32.

Those who still fail to meet body fat standards following the initial three-month period are re-entered into the phase. Enlisted members are ineligible to WAPS test at this point. Cook said the decrease in the number of people en-

tered into the three-month exercise and dietary period could be due to members attempting to become eligible to WAPS test.

The lower rate also shows that commanders and supervisors are enforcing standards and giving members time to work on meeting those standards, said Master Sgt. Clifford Price, superintendent of Career Enhancement with the 437 MSS. Price and his staff also manage the WBFM Program. The office assists commanders, first sergeants and supervisors in enforcing body fat standards and informs them on changes to the regulations.

Once a member has been identified as failing to meet fitness and appearance standards, he or she undergoes diet counseling and a medical evaluation. Once medically cleared, they are enrolled in the WBFM Program and put in a three-month ex-

ercise and dietary period. During this time, the member is ineligible to assume a higher grade if he or she has a promotion line number, but may WAPS test.

Mandatory aerobics classes are a thing of the past during the three-month period, Price pointed out. Those in the program use a variety of ways to lose weight, including treadmills, stairclimbers, aerobics classes, cross trainers and stationary bicycles. They also have the option of working out in the fitness center or in the HAWC, which is a more controlled environment.

Price said many who go through the program realize it's for their own good.

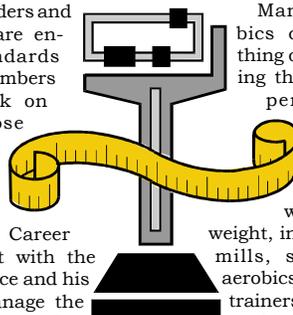
"I've had people tell me it was the best thing that ever happened to them in the Air Force," Price said. "Some feel they're overweight, but they never really know until they are identified and put in the program. One guy lost 30-35

pounds and he said it was the best thing that happened to him. He was identified, and that's what gave him the motivation to lose weight."

Those who are re-entered into the three-month exercise and dietary period face a number of negative consequences. They will lose a promotion line number and

are subject to a variety of administrative actions, such as a letter of reprimand, establishment of an unfavorable information file and removal of supervisory responsibilities.

For information on nutrition, weight management and exercise, call the HAWC at 963-4007.



Getting with the program...

The Weight and Body Fat Management Program involves measuring weight, height and percentage of body fat.

Determining body fat involves using a tape measure to measure the neck and waist for males, and the neck, waist and buttocks for females.

- Body fat standards are:
- Twenty percent for men 29 years old and younger
 - Twenty-four percent for men 30 years old and older
 - Twenty-eight percent for women 29 years old and younger
 - Thirty-two percent for

women 30 years old and older

Body fat measurements will be administered when a member:

- Exceeds maximum allowable weight
- Appears to exceed Air Force body fat standards
- Does not present a professional military appearance
- When directed by the unit commander

The Weight and Body Fat Management Program, also known as Air Force Instruction 40-502, is available on the World Wide Web at:

<http://afpubs.hq.af.mil>

Sports line

Intramural standings

Bowling

National league

1. CES
2. APS 1
3. EMS
4. LSS
5. 637 AGS 1
6. Det. 3
7. MSS
8. Comm
9. 15 AS
10. EMS 3
11. CRS
12. Blind Team

Racquetball

1. SFS
2. 437 AGS 1
3. 437 AW
4. 373 TRS
5. CS
6. 1st CTCS
7. CES
8. APS
9. CRS
10. SUP
11. 437 AGS 2
12. EMS

Volleyball

1. 1st CTCS
2. CS/SVS
3. Navy Hosp.

4. 437 AW
5. AGS
6. SUP
7. SFS
8. CES
9. 373 TRS
10. LGT
11. 15 AS
12. EMS
13. Med Grp.

Swim lessons: The Outdoor Recreation Center has begun registration for summer swimming lessons. The cost is \$25 per child ages 5-11. Lessons are scheduled for June 13-23, July 4-14, and July 18-28. Call the ORC for more information at 963-5271.

Riverdogs tickets: The Outdoor Recreation Center now has \$3 vouchers for RiverDogs baseball games. For details, call 963-5271.

Diver down: Scuba classes have begun. Each course will have six class sessions, followed by a two-day open water trip. Cost is \$175 per person. Call the Outdoor Recreation Center at 963-5271.



Off the wall

William Dunlap of 437 SFS (right) returns a shot by Donald Gaudette of 437 AGS during intramural racquetball playoff action. SFS won the regular season title for the second consecutive year.

Staff Sgt. Andrew Rodier