



**DEPARTMENT OF THE AIR FORCE**  
**AIR FORCE RECRUITING SERVICE (AETC)**

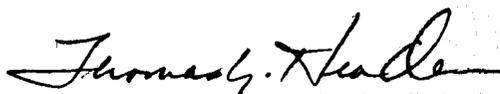
1 April 04

**MEMORANDUM FOR SQUADRON PERSONNEL**

**FROM:** 367 RCS/CC  
3990 East Bijou Street  
Colorado Springs CO 80909-6806

**SUBJECT:** 367 Unit Fitness Program

1. In line with recent changes to the Air Force fitness program, we have restructured the 367 RCS Unit Fitness Program with an emphasis on increasing physical health and endurance. This program focuses on year-round physical conditioning with particular focus on integrating fitness and healthy lifestyle choices into the daily routine of our airmen. As the recently published AFI 10-248 establishes guidelines for the "Fit to Fight" initiative, all Squadron members are encouraged to review this publication in detail and familiarize themselves with current Air Force fitness standards.
2. All Squadron members are authorized up to 90 minutes per duty day, three times a week for physical fitness activities and are encouraged to develop a challenging program tailored towards individual peak fitness goals. Members are required to exercise at least three days a week for a minimum of 30 minutes and participate in a unit fitness activity at least once a week. Those individuals with a current physical profile must still participate in weekly individual and unit exercise to the extent they are able. Prior to participating in unit fitness, members should complete a Fitness Screening Questionnaire and provide a copy to the Unit Fitness Program Manager (UFPM). Unit fitness activities are mandatory events and will not be missed unless previously coordinated with the UFPM.
3. All Squadron members will take the Air Force Fitness test once a year. Individuals who score less than 70 percent will be required to exercise five days a week and will attend the Health Living Workshop. Failure of the Air Force Fitness test is not meant to identify members for punitive reasons, but to identify those individuals who require additional assistance to achieve a higher fitness level and most importantly, a healthy lifestyle.
4. Again, the purpose of our Squadron's Unit Fitness Program is to motivate all members to participate in a year-round physical conditioning program emphasizing total fitness and a healthy lifestyle. Questions regarding the Unit Fitness Program can be addressed to your UFPM, SSgt Carrie Boswell or either of the Squadron's Physical Training Leaders: Capt Kate Ritzel (554-1244) or TSgt Chris Juarez (554-1264).

  
THOMAS Y. HEADEN, Lt Col, USAF  
Commander