



DEPARTMENT OF THE AIR FORCE

HEADQUARTERS 19TH AIRLIFT WING (AMC)
LITTLE ROCK AIR FORCE BASE, ARKANSAS

06 SEP 2011

MEMORANDUM FOR 19 FSS PERSONNEL

FROM: 19 FSS/CC

SUBJECT: Squadron Physical Training (PT) Guidance

1. Being physically fit directly impacts your personal and professional well being and is vital to mission success. Effective immediately, I am mandating PT for all assigned military personnel. Civilian participation in PT is highly encouraged. The goal is to promote a "Fit to Fight" culture and ensure everyone has the opportunity to participate in physical fitness. The following paragraphs outline requirements for the squadron PT program.
2. Each section will provide a lead PTL to the Unit Fitness Program Manager (UFPM). Lead PTLs will be responsible for developing a monthly PT schedule for their section and will provide it to the UFPM NLT the last Monday of each month. The UFPM will in-turn forward each section's PT schedule out to the squadron. All FSS Airmen will have the opportunity to attend PT sessions with other sections if approved by their supervisor. All PT sessions **MUST** be PTL led and will begin promptly at the prescribed time. Attendance is mandatory and the AF PT uniform must be worn. The UFPM will monitor PT attendance and notify squadron leadership of those who do not attend. Medical profiles do not excuse individuals from attending PT. Airmen on profiles will participate in activities as permitted by their health care provider and exercise physiologist.
3. We will meet as a squadron for PT twice a month. These sessions will be team building type events promoting Esprit de Corps. Squadron PT sessions will be predetermined by the UFPM and provided to the squadron for maximum participation.
4. Airmen will take a mock fitness assessment (FA) approximately 60 days prior to their official FA to gauge their compliance with Air Force standards. Anyone scoring <75 on the official and/or mock FA will meet with me to discuss remedial actions. Airmen with a FA score of <75 will attend five component focused PT sessions per week. Airmen with a FA score between 75 and 80 will attend three PT sessions per week. Airmen with a PT score >80 will attend one PT session per week.
5. I expect each member to be engaged in their physical fitness and well being. Our mission success depends on us being "Fit-to-Fight!" Noncompliance will result in disciplinary action. If you have questions, please contact TSgt Ezell, DSN 731-1413 or MSgt Jenkins, DSN 731-6767.

A handwritten signature in black ink that reads "Veronica V. Anteola".

VERONICA V. ANTEOLA, Maj, USAF
Commander