

## WELLNESS PROGRAM

Wellness is an official and integral part of the Air Force Junior ROTC program. It consists of two exercise programs focused upon individual base line improvements with the goal of achieving a national standard as calculated by age and gender. The Wellness curriculum is instrumental in developing citizens of character dedicated to serving our nation and communities. The program is provided as a tool to help you develop individualized training programs for your cadets. Cadets will be given the opportunity to put into practice the wellness concepts that are taught in Leadership Education 100. Instructors are free to include other activities cadets enjoy such as team sports in order to keep the Wellness Program fun and motivating. Instructors are also encouraged to utilize sites such as [www.pecentral.org](http://www.pecentral.org) to help develop lesson plans and fitness activities. The Wellness Program also provides a list of 19 exercises with examples that may be utilized in a 36-week program modifiable to meet individual and district/state goals. Instructors should utilize fitness programs that best fit the requirements within their district/county/state. HQ AFJROTC offers suggested fitness programs that may meet these requirements that will allow for tracking through WINGS. Cadet fitness improvement is rewarded, either by earning the Health and Wellness Ribbon.

### **The course objective for the Wellness Program is to:**

Motivate AFJROTC cadets to lead active, healthy lifestyles beyond program requirements and into their adult lives.

### **The goals of the Wellness Program are to:**

1. Create an individualized training program based on national standards by age and gender.
2. Identify areas of improvements for each cadet and provide guidance for improvement.
3. Incorporate a physical training program to reach fitness goals.

The following is a brief description of the fitness programs for AFJROTC units, each has its own merit and each may be utilized or personalized with unit developed lesson plans to help build a foundation from which to implement a program that promotes lifelong fitness programs.

### **Additional templates, guides, sample lesson plans, exercise descriptions, and a sample course syllabus can be found at:**

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## **The President's Fitness Challenge**

The U.S. Department of Health and Human Services (HHS) released the 2008 Physical Activity Guidelines for Americans on October 7, 2008. The comprehensive, science-based guidelines were developed to inform policymakers and health providers about the amounts, types, and intensity of physical activity needed to help Americans aged 6 and older, and of all abilities, improve their health and reduce their risk of chronic diseases. Regular physical activity in adolescents promotes health and fitness. Compared to those who are inactive, physically active youth have higher levels of cardio respiratory fitness and stronger muscles. Their bones are stronger, and they may have reduced symptoms of anxiety and depression. Youth who are regularly active also have a better chance of a healthy adulthood. They also typically have a lower Body Mass Index (BMI). With higher BMI's, an increased risk for certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers may develop. Adolescents don't usually develop chronic diseases; however, risk factors for these diseases can begin to develop early in life. Regular physical activity makes it less likely that these risk factors will develop and more likely that adolescents will remain healthy as adults.

### **Key Guidelines for Adolescents:**

- Adolescents should do 60 minutes (1 hour) or more of physical activity daily.
- Aerobic: Most of the 60 or more minutes should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity.
- Muscle-strengthening: As part of their 60 or more minutes physical activity, adolescents should include muscle-strengthening physical activity.
- Bone-strengthening: As part of their 60 or more minutes physical activity, adolescents should include bone-strengthening physical activity.
- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

*For more information about the Physical Activity Guidelines and associated toolkit, visit the President's Challenge web site.*

### **Key Exercises for Adolescents**

The Physical Fitness Assessment recognizes students for their level of physical fitness in five activities:

- Curl-ups (or partial curl-ups)
- Shuttle run
- Endurance run/walk
- Pull-ups (or right angle push-ups or flexed-arm hang)
- V-sit reach (or sit and reach)

## **AFJROTC Wellness Program Exercises**

This program is comprised of 19 exercises which can be conducted with minimal space and with minimal climate dependency (e.g., the 1-mile run). The exercises develop all muscle groups and provide sufficient anaerobic and aerobic intensity. They require no equipment and use only body weight and common objects (e.g., chairs).

### **The 19 exercises are:**

- V-Sit Reach • Lunges
- Bent-Knee Push-ups • Arm Extended Lunges
- Feet Elevated Push-ups • Reverse Extended Lunges
- Hindu Push-ups • Mountain Climbers
- Plank • Hindu Squats
- Left Arm and Right Arm Planks • Body Builders
- Sit-Ups • Squat Leaps
- Extended Side Push-ups • Side Lateral Jumps
- Flutter Kicks • One-Mile Run
- Push-ups

Descriptions for these exercises are located in WINGS.

### **A typical exercise class may go as follows:**

- Warm-up/Stretch
- Pick 6 or more exercises to perform depending on time
- Ensure proper form and technique
- Students will strive to complete the number of repetitions indicated on their personal workout plan
- Cool/down/Stretch

During the next class periods, students should perform six different exercises.

## **Cadet Fitness Assessments**

The Presidential Fitness Challenge Program is a yearlong program designed to establish a baseline for each cadet and when required, instructors may provide a program of improvement throughout a 36-week school year. Instructors should conduct periodic assessments throughout the school year and provide feedback to cadets concerning improvement. This feedback will allow cadets and instructors to modify fitness programs to meet individual needs that provide progressive improvement towards a healthy, active lifestyle.

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