

Eielson AFB and NSA Naples

Fitness Centers at Forefront in Excellence



U.S. AIR FORCE PHOTO BY AIRMAN LAURA IVAX

Senior Airman Brandon Johnson, Airman 1st Class Michael Durgin, 2nd Lt. Daniel Mota, and Airman 1st Class Sayed Lutfi play football at the Baker Field House fitness center at Eielson AFB, Alaska. The center recently added a new indoor football field, two indoor running tracks, and new exercise equipment to keep airman fit and boost morale during the long winter months.

The fitness centers at NSA Naples, Italy, and Eielson AFB, Alaska, are leaders in military fitness by providing cutting-edge, state-of-the-art equipment that responds to the specific needs of servicemembers, and their families, and by providing staff that employs the best and most effective approaches to fitness in the industry today.

EIELSON AFB, ALASKA

The new and improved Eielson AFB Baker Field House fitness center addition opened its doors Aug. 13, 2008, lifting the facility from outdated to ahead of the pack. The new addition was built in a year and a half, with the help of the 354th Civil Engineer Squadron, Army Corps of Engineers, Alcan General Inc., Mondo Corporation, and the 354th Force Support Squadron.

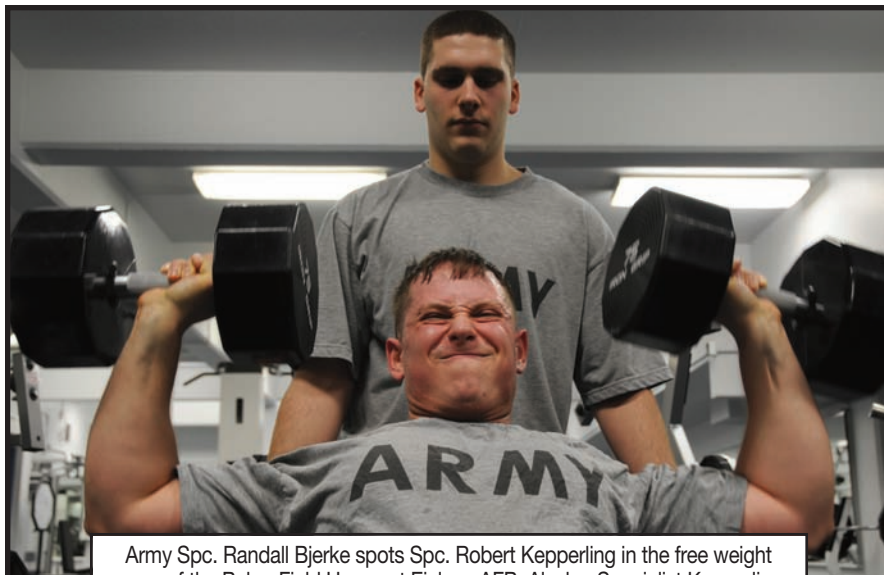
“The entire [fitness center] staff has worked hard to do this,” says Brig. Gen. Mark Graper, 354th Fighter Wing commander. “Moving into the new building is a once-in-a-career opportunity for our fitness center staff and they’ve done great work.”

The new facility addition is connected to the existing Baker Field House and contains a one-eighth mile track, an 80-yard floor space for indoor group sports such as flag football or indoor soccer during the winter months. It also features lifting equipment rooms and new Health

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Military Fitness

U.S. AIR FORCE PHOTOS BY AIRMAN LAURA MAX



Army Spc. Randall Bjerke spots Spc. Robert Kepperling in the free weight room of the Baker Field House at Eielson AFB, Alaska. Specialist Kepperling continues to stay fit by sticking to a rigorous routine at the Baker Field House.

and Wellness Center classrooms.

The Air Force's goal is to make sure our airmen are healthy and "fit to fight — able to handle any contingency," says Graper. "Our base is located so far north, that Eielson Airmen face challenges not seen elsewhere in the United States in terms of exercising year-round. Our goal is to ensure we use this building to stay physically fit by exercising and also maintain a well-balanced lifestyle by using the services of the Health and Wellness Center."

Mondo Corporation installed the indoor playing field and the upper-level track. "The same turf the professional teams play on will be what the Icemen and our Guard partners play on also," he said.

"The benefits of having an indoor track is that we won't have to minimize our [physical training] testing period from April to August like we've been doing, and we won't have to go down to

the University of Alaska and actually pay to use their facility and test there during the winter," adds Master Sgt. Susan Trejo, 354th Force Support Squadron fitness center director. "We'll be able to test year-round in here, which will help out with people changing stations, and writing enlisted and officer performance reports."

The new improved fitness center features all new, state-of-the-art fitness equipment, including Cybex, Life Fitness, Star Trac, Precor, Technogym, Hammer Strength and Landice.

"The idea was to give as many options in terms of fitness equipment as possible," notes Trejo. "I wanted to offer different brands for each type of equipment, such as two types of a treadmill or an elliptical, because people do have preferences and I want them to have choices."

The fitness center also features a Star Trac Sport strength circuit line, a Life

Fitness strength circuit line as well as a Strive line of selectorized pieces. The fitness center Spin Room with Star Trac bikes gets great usage, and the Precor AMTs are very popular: "They love them," says Trejo.

FitLinxx technology, which helps users exercise properly and stay motivated to stick with their fitness programs, is attached to much of the fitness equipment, and is used by airmen and commanders in the Air Force Physical Training (PT) program. "On a larger scale PACAF uses the FitLinxx to track fitness center usage, motivate airmen and to improve their PT scores," notes Trejo. "There really are no excuses for not working out."

The Eielson Community is also very family friendly and the gym is open to all military families.

"It is a common sight to see parents and children working out together or just playing on the basketball court," notes Graper. "Our addition supports families by giving them another facility to exercise, play or take wellness classes — or just get out of the house during our long, sub-arctic winters. Our aim is healthy, resilient families."

Another important aspect of the fitness center-expansion project was moving the Health and Wellness Center (HAWC) to the new facility, providing a much better location for the HAWC staff when they need to train or use the facilities.

"It is just so much more convenient and makes much more sense to have our exercise physiologist for the base, who works out of the HAWC, right here at the fitness center," notes Trejo. "We can expand HAWC courses with the devoted classroom space they have here, which includes a demo kitchen for nutrition and other classes."

The base also took an environmentally friendly, energy-efficient approach to the new fitness center addition, using materials that are designed to insulate the rooms and bring in more light, especially during winter months in Alaska.

Overall, the new fitness center prepares airmen to be Fit to Fight.

NSA NAPLES, ITALY

Fitness at NSA Naples is mission essential, according to Fitness Center Director Tammy Fling, who oversees NSA Naples three fitness facilities,



The Liquidators swim team complete laps at the indoor pool at the Baker Field House fitness center at Eielson AFB, Alaska. Military and civilians with base access can participate in the water aerobics class offered three times a week at the center to stay fit and beat Seasonal Affective Disorder, which is brought on by long, dark winter months.

“Together all of our facilities contribute to and prepare our sailors for the mission,” says Fling, “while providing their families and civilians facilities, programs, activities, events and services that improve their overall quality of life.”

The Support Site, called the Fit Forum, has an outdoor seasonal 25-meter pool offering a variety of swim activities and classes. Active duty is free of charge, and passes are available for dependants and civilians for a nominal fee. The fitness facility has a full circuit of MedX selectorized and half-circuit Nautilus Nitro as well as Hammer Strength free weights. The cardio area has both Life Fitness and Technogym equipment, including treadmills, cross trainers, steppers, recumbent/upright bikes, rowers and Technogym Waves. In addition, there are three racquetball courts, an aerobic studio and a spin room with 20 spin bikes.

“The Fit Forum caters to active duty and their families as well as civilians,” notes Fling. “Daily classes are hosted offering Yoga, Pilates, Aerobics, and various Youth fitness classes all free of charge. Aikido, Ballet and Salsa dance classes are held in the evenings for a nominal monthly charge. We offer massage therapy for a variety of package prices.”

The gymnasium offers patrons a variety of sporting activities including indoor soccer. There are multiple outdoor playing fields and tennis courts are also located throughout the base as well.

“The facility is busy with families and active duty personnel, fitness schedules are developed to reflect convenient accessibility to both,” notes Fling.

Capodichino (FitZone) houses a 25-meter indoor pool, which is open year round, and offers aqua-fit classes, swim lessons and various aquatic activities throughout the year. Lap swim is always available and a hot tub is available year-long located outside of the pool access side of locker rooms.

For fitness, the facility offers two full Nautilus Nitro selectorized circuits and Hammer Strength free weights. The cardio area has Life Fitness and Technogym equipment, including treadmills, crosstrainers, steppers, upright/recumbent bikes and Technogym Waves. This facility also offers Wholebody Advanced Vibration Exercise (WAVE) equipment from WAVE Mfg.

“The vibration system gives us the ability to stretch a tight muscle group in



a very short period of time compared to static stretch,” says fitness center personal trainer Pasquale “Lino” Silvestre, ISSA personal trainer, Cooper Institute physical fitness specialist, I.F.B.B trainer and Kettlebell Trainer by Pavel.

“We also have noticed the benefit of it during the rehab process where Proprioception and stability must be reset in a traumatized joint. In addition, there are noticeable strength increases in the dynamic fundamental movement like squat, push-ups and curl-ups performed on the WAVE machine.”

For active duty and civilians looking for personal enhancement and guidance, highly accredited and experienced personal trainers, like Silvestre, are available for a fee.

Silvestre is not the only personal trainer with an impressive resume. For example, NSA Naples personal trainer Antonio Parolisi, an ISSA personal trainer, is a Professor of Physical Training of University of Naples (Parthenope), and has a degree in Physical Education, a diploma in Fisiokinesiologia, a diploma in Massage Therapy, is a Postural Education Trainer and a Student of Osteopathic Medicine.

In addition to great personal trainers, the FitZone has two racquetball courts, a spin room with 22 bikes and an aerobic studio. Classes are offered daily free of charge to all eligible patrons, including Turbo Kick, Yoga, Pilates, Aerobic step and Spin. For a nominal monthly fee Jiu-Jitsu is available in the evenings. Free daily lockers are available at both facili-

ties and monthly lockers can be rented on a monthly or quarterly basis. Towel service is free to all eligible patrons. Saunas are located within both the male and female locker rooms.

The gymnasium is available for all authorized patrons and command fitness reservations. Volleyball nets and a variety of sporting gear is also available for all organized or open play. There are outdoor tennis and basketball courts and a seasonal sand volleyball pit.

“This facility caters primarily to the active duty and civilians, and classes are organized to coordinate with peak PT usage and work hours,” says Fling.

Both facilities have full time Fitness leaders, who are well educated and highly trained.

“FitLeads are available to all active duty personnel for questions and information and guidance,” notes Fling. “Leads are available to all Command Fitness Leaders, and Senior personnel for referrals of ‘at risk’ limited duty and FEP personnel needing additional assistance and training. Programs are designed to aid and assist both the personnel and the commands to help meet and/or exceed PT requirements.”

All services are free of charge with referral from command, medical or as a participant in the Ship Shape program.

“Our goal is to reduce PT failures by identifying need BEFORE testing date,” says Fling. “Both facilities are also working closely with Health Promotions programs.”

—GRF