



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY TRAINING CENTER AND FORT JACKSON
2400 JACKSON BOULEVARD
FORT JACKSON, SC 29207

ATZJ-CG

25 JUL 2018

MEMORANDUM FOR

Commanders, All Units Reporting Directly to This Headquarters
Commanders, Fort Jackson Partners in Excellence
Directors and Chiefs, Staff Offices, This Headquarters

SUBJECT: Fort Jackson Policy Memorandum # 14 - Civilian Fitness and Wellness Program (CFWP)

1. Reference:

- a. DoDi 1010.10 (Health Promotion and Disease Prevention), 28 April 2014.
- b. AR 600-63 (Army Health Promotion), 14 April 2015.

2. Purpose. To establish and sustain a command climate that promotes and supports a voluntary health and wellness program for Army civilians supporting Fort Jackson missions.

3. Policy:

a. Multiple reductions in force, management directed reassignments, and years of doing more with less in a high operational tempo environment create physical and mental stressors at every level of our workforce that cannot be ignored. As leaders, we are responsible for the health and welfare of each individual within our commands. Promoting healthier lifestyles and providing tools and opportunities that allow our civilians to focus on their physical and mental well-being will enhance morale, increase productivity and performance, reduce sick leave, and increase job and life satisfaction.

b. Fort Jackson's CFWP is an on-site component sponsored program, available to the civilian workforce, which uses a holistic approach to wellness. It includes health screenings and classes in health education, nutrition, stress management, weight management, and tobacco cessation. Lessons learned and best practices will be documented and shared with the community through the Community Health Promotion Council. Key elements of the CFWP include:

(1) Comprehensive Soldier and Family Fitness (CSF2) – designed to build resilience and enhance performance. CSF2 provides training and self-development

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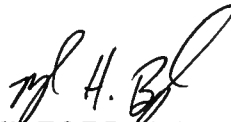
tools which assist civilians in coping with adversity, perform better in stressful situations, and thrive in life.

(2) The Performance Triad – the foundation for Army medicine’s transformation to a system for health (a partnership among Army personnel, Families, leaders, health teams, and communities) designed to build and sustain health in order to optimize personal and team performance, resilience, and readiness. The focus of this program is on sleep, activity, and nutrition – key actions that influence health.

(3) Family and Morale, Welfare, and Recreation Fitness (FMWR) - FMWR offers a variety of fitness and wellness activities to include aerobics, aquatics, spin, and other fitness activities available in facilities located on the installation.

4. As the Fort Jackson Senior Commander, I encourage each of you to make civilian wellness a priority and develop a program that will meet the intent outlined in this policy for the betterment of your unit, personnel, and the overall morale and esprit de corps of the Fort Jackson Team.

5. This policy memorandum is effective until superseded or rescinded.



MILFORD H. BEAGLE, JR.
Brigadier General, U.S. Army
Commanding