

Overview



- **Program Objective:** To offer those whose schedules preclude them from using standard facilities or traditional operating hours another option to workout
- **Point of Contact:** OSD/MC&FP
- **Total Force Fitness Domains:** Physical, Psychological

Program Description



24-Hour Fitness is a program originally piloted at select Air Force installations but is being tested at multiple HBI installations. The program involves having “satellite” fitness centers located around the installation. These small facilities contain limited equipment, are open 24/7, and are unmanned. Access is provided via CAC swipe. Safety systems, such as remotely-monitored security cameras, ensure the safety of users. 24-Hour Fitness offers another option for people to workout, particularly those with schedules limiting them from using the main Fitness Center during regular hours. Additionally, this initiative may involve the main Fitness Center remaining “open” during non regular hours.

Anticipated Impact on Population Health at Installation



24-Hour Fitness provides a platform that enables individuals to more easily incorporate physical activity into their daily routines. Implementation of this program is anticipated to change individuals’ exercise habits by allowing them to workout at times and/or locations that best fit their schedules.

Performance Measures



- Number of CAC swipes during time period measured (either per operating hours or afterhours) divided by 30 days (one month per quarter).

Additional Information