

Value of Embedded Physical Training Leaders

Overview



- **Program Objective:** Better motivate reservists and build camaraderie by offering unique workouts with Physical Training Leaders (PTLs)
- **MTF:** March ARB
- **Implementation Dates:** 2012 – Present
- **To reach local point of contacts, visit [MilitaryInstallations](#)**
- **Total Force Fitness Domains:** Physical

Program Description



- PTLs make a special effort during the Unit Training Assemblies (UTAs) to organize workouts; workout is different from regularly scheduled PT test
- Consists of Unit Fitness Program Monitors (UFPMs) & PTL for 24-26 squadrons (at least two UFPMs & PTLs per squadron)
- UFPMs provide wellness brief to members that fail their PT test, provide follow-up and unit metrics; PTLs assist Facility Area Center (FAC) with fitness assessments, unit members in strength & conditioning to pass their fitness training, and provide mentorship and guidance to the squadron

Evidence of Program Effectiveness



- Program reaches **2,000-4,000 reservists**
 - Average 100-120 people per day that are testing
 - Offer weekday testing once per week that averages between 20-40 reservists
- Pacers integral to the program: work with members who have difficulty passing the mile and half run to help them achieve their goals

Costs and Required Resources



- 40-48 PTLs
- Fitness equipment (varies based on unit training)

Lessons Learned



- **Leadership support:** positive impact seen when the commander of the squadron during the UTA sets aside time for fitness outside of the fitness assessment
- Commitment by unit leaders to find innovative ways and the initiative may vary; Dependent on unit commander to drive the wedge and make it known that it is okay (and encouraged) to do fitness during unit training assembly (UTA)
- Gym access for reservists on base can be limited; consider **coupons for gyms in the community** so reservists can have 24-hour access to fitness

Understanding the Value of Embedded Physical Training Leaders

In January, 2015 March ARB leaders conducted several surveys to assess the impact of embedded Physical Training Leaders (PTLs) and Unit Fitness Program Managers (UFPMs), and to better understand the healthy living habits of Reservists. While respondents expressed the need for healthier food options on base and improvements in fitness facilities, results show general satisfaction with PTL and UFPM programs and indicate that Reservists are dedicated to leading healthy lives. Key findings are indicated below.

HBI Survey for PTLs

- **59%** of respondents 'Strongly Agree' with the statement: **"My unit supports the PTLs as part of the unit's fitness program"**
- **54%** of respondents 'Strongly Agree' with the statement: **"PTLs are essential to the success of the Air Force Fitness Program"**

HBI Survey for UFPMs

- **72%** of respondents 'Strongly Agree' with the statement: **"I support the Air Force Fitness Program by regularly working out at least 3 times per week"**
- **67%** of respondents 'Strongly Agree' with the statement: **"I would recommend the additional duty of being an appointed UFPM to others"**

HBI Survey for Healthy Living and Wellness

- **72%** of respondents of respondents 'Agree' or 'Strongly Agree' with the statement: **"I support the Air Force Fitness Program by regularly working out at least 3 times per week"**
- **52%** of respondents of respondents 'Agree' or 'Strongly Agree' with the statement: **"My unit supports me in participating in the unit's fitness program"**