

Overview



- **Program Objective:** To offer people a wide array of class options and ability to exercise in a “group” setting at any time
- **Point of Contact:** OSD/MC&FP
- **Total Force Fitness Domains:** Physical, Social

Program Description



Fitness On Request is a program originally piloted at select Air Force installations but is being tested at multiple HBI installations. The program involves having videos of exercise classes as a substitute for live instructors. Users can go to a workout room in the Fitness Center (either alone or as part of a group), select the class, and play the video. Fitness On Request offers another option for people to workout by offering a wide array of class options and ability to exercise in a “group” setting at any time.

Anticipated Impact on Population Health at Installation



Fitness On Request provides a platform which 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 that best fit their schedules and offering the ability to participate in group exercise regardless of the Fitness Center class schedule.

Performance Measures



- Number of Fitness On Request video utilization divided by 30

Additional Information