

Core Programs

Health Assessment Review

An analysis of a person's health status, risk for disease, and ability to increase physical activity safely.



Physical Fitness

Using state-of-the-art equipment, physical fitness level is assessed (VO₂max, strength, and flexibility) and used to create an individual exercise prescription.

Healthy Nutrition

Use of metabolic testing that synchronizes an individual's resting metabolic rate to provide tailored strategies for weight loss, gain or maintenance.

Stress Management

Education in biofeedback and stress relief techniques, positive coping skills and good sleep habits.

General Wellness Education

Health Education Classes on topics such as healthy lifestyles, increased resiliency, preventing chronic disease through healthy living habits and self-care.

Tobacco Education

An assessment of an individual's readiness to change, a discussion of possible options for becoming tobacco-free and provision of the appropriate tobacco cessation education.

Mission

♦ Building health with the AWC

Army Wellness Centers (AWC) provide standardized **primary prevention** programs and services designed to **build and sustain good health and improve** the overall healthy lifestyles of Soldiers, Family Members, Retirees, and DoD Civilians.

♦ AWC & Army units

Improve unit readiness and support physical fitness standards by targeting the physical fitness and performance of Soldiers.

Help avoid overtraining and related injuries – the right amount of time exercising yields optimal results.

Reduce lost and limited-duty time due to injury.

♦ AWC & Medical Providers

Provide a tool to address lifestyle behaviors holistically and over time

Programs are evidence-based and leverage technology to help clients succeed

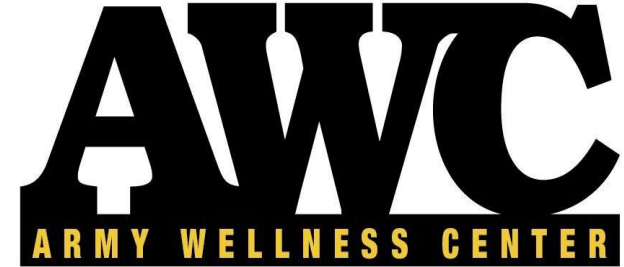
Allow for medical provider direction and oversight of patient progress through EHR documentation and PCMH integration

All Services are FREE!

**Who we serve: Active Duty/Reserves,
Family Members, Retirees, DoD Civilians**



Fort Bliss



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Health Assessment Review

Please complete the online Health Questionnaire prior to your appointment

<https://awc.army.mil/>

if you are unable to complete please arrive 20 minutes early to allow time to complete

General Wellness Education

30 Minute health coaching session where Health educator and client cover topics that include: upping your metabolism, meals in minutes, fueling for health to preventing chronic disease through a healthy living habits and self care.

Body Composition

Includes: Body composition analysis which measures the percentage of body mass to include fat and fat free tissue



You will Receive: Body Fat Percentage baseline

Test Preparation: Wear form fitting clothes (men: Speedos or compression shorts without padding. Women: Sports bras and spandex shorts)

No physical Activity, food (including gum and candy) over the counter medications (including vitamins or supplements) drink, or tobacco products **2 Hours** prior

Stress management

Includes: Introductory class about stress relief techniques, positive coping skills, and obstacles to self motivation

Five individual bio-feedback sessions practicing different stress management techniques such as deep breathing, progressive muscle relaxation guided imagery and much more!



Physical Fitness Assessment

Includes:

◆ VO2 Sub-Max test: Treadmill or cycle test to measure cardiovascular fitness level.

◆ 2 tests to measure muscular fitness and flexibility

You will Receive: An exercise prescription based on your fitness goals.

Test preparation: Wear comfortable workout clothing, no underwire bras, no physical activity, food (including gum and candy) over the counter medications (including vitamins or supplements) drink, or tobacco products **5 Hours** prior



Metabolic testing

Includes:

1. Metabolic test that will determine your individual calorie needs at rest. Values are used to determine how many calories you need on a daily basis to reach your goal.
2. A class about strategies in upping you metabolism. ** Results will be received in this class**



You will receive: Individual results and a suggested pre-designed meal plan (When appropriate.)

Test preparation: No physical activity, food (including gum and candy,) over the counter medication (including vitamins or supplements, drink (except water) or tobacco **5 Hours** Prior to test.

Sleep Education

Includes: Discussion on the importance of sleep, Examine the science of sleep, Explore methods and resources for achieving better quality of sleep and Develop positive action steps to improve sleep.

Tobacco Education

Includes: Discuss the benefits of quitting, health Risks of tobacco, and tips to stop smoking

