



CHIEF's Sight Picture

25 June 2004

Fit to Fight #6 -- Ensuring a Professional Image

Our new Air Force fitness program has been in effect for nearly six months now and I am very pleased with what I see going on around our Air Force. Airmen are exercising more and fitness center usage is up. I'm glad to see so many Airmen incorporating physical fitness into their routine -- an active lifestyle can provide important benefits to personal physical and mental well-being. But as I've said before, there's a zero percent chance we got the program one hundred percent right the first time. I continue to receive feedback and we'll continue to make changes as needed.

In my first "Fit to Fight" Sight Picture, I spoke directly to commanders about their responsibilities -- including their responsibility to ensure their people pass the commander's eyeball test. Feedback suggests this area requires more emphasis. As I've said, commanders must be out routinely exercising with their unit to evaluate their squadron's overall fitness and that of individual members. Equally important, commanders must ensure Airmen present a professional image while in uniform. They must lead by example -- demonstrating an example of a professional image for their Airmen to follow and enforcing the standards they embody. There will be some individuals who can pass our fitness standards but do not present a professional military image. In these instances, I expect commanders to provide direct feedback to those individuals and, if needed, mandate their participation in the multiple fitness educational programs offered by our Health and Wellness Centers. An upcoming change to our fitness AFI will clarify commanders' discretion in referring Airmen for training.

Additionally, I continue to receive feedback regarding the components of the fitness test and scoring methodology. This fall, the Surgeon General will convene a panel of medical experts from inside and outside the Department of Defense to analyze our first year of fitness testing results and determine if our standards are where they need to be. As these standards are reassessed, we will continue to examine how we document unit and individual fitness scores on performance reports. This overall review will also include input from commanders to evaluate compliance, identify shortfalls, and recommend course corrections to ensure we are on track with providing an environment that supports fitness and appearance standards.

Physical fitness and a professional image -- two important aspects of being an Airman.



John G. ...

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