

ARMED FORCES WELLNESS CENTER

6455 Machine St., APG, MD 21005

AFWC MISSION: Armed Forces Wellness Centers provide programs and services that improve and sustain health, performance, and readiness of the Total Force delivered by highly trained professionals.

SERVICES

BODY COMPOSITION



DETERMINE YOUR BODY COMPOSITION (BODY FAT %) IN ORDER TO HELP YOU REACH YOUR GOALS

METABOLIC TESTING



MEASURES YOUR RESTING METABOLIC RATE IN ORDER TO DEVELOP A CALORIE BUDGET BASED ON YOUR METABOLISM

FITNESS TESTING



MEASURE YOUR SUBMAX VO₂, STRENGTH AND FLEXIBILITY IN ORDER TO DEVELOP A FITNESS PLAN TO HELP YOU INCREASE PERFORMANCE

HEALTH COACHING



WORK ONE ON ONE WITH A HEALTH EDUCATOR TO DEVELOP A PLAN TO A HEALTHIER LIFESTYLE

Stress Management



USING BIOFEEDBACK TECHNOLOGY, LEARN HOW TO RECOGNIZE AND COMBAT STRESS

CLASSES



LEARN ABOUT HEALTHY NUTRITION, FITNESS, STRESS MANAGEMENT AND HEALTHY SLEEP HABITS. SEE BACK FOR CLASS DESCRIPTIONS.



(410) 306-1024

CLASS DESCRIPTIONS

Upping Your Metabolism: A class focused on metabolism and leading a healthy lifestyle. In this class you'll learn about healthy lifestyle modifications to manipulate your caloric intake to reach your goals. After taking this class, you will be able to schedule a metabolic assessment to develop a calorie budget. *This class is required prior to testing.

Fueling for Health: A class that discusses current dietary guidelines from the USDA, as well as accurate interpretation of food labels to educate individuals on proper nutrition. Attendees will learn the fundamental components of nutrition including macronutrients, vitamins, minerals, and water consumption.

Staying Fit Home and Away: A class that identifies benefits and barriers to physical activity. This class explores the components of an exercise session and how to utilize both designated equipment and home items from aspects of fitness. This class is great for those who travel often, are TDY, staying in hotels, or planning a vacation. Learn creative ways to stay fit in all settings!

Healthy Sleep Habits: A class that covers the basics of proper sleep hygiene practices. In this class we discuss how to get a better night's sleep, the benefits of sleep tracking, and the important role sleep plays in our every day lives. Attendees are administered a self-assessment tool in order to gauge sleep performance and identify improvement.

Stress Management: A class that addresses stressors and stress management. In this class attendees will learn about the science behind stress and its physiological and mental effects. We will also discuss stress management tools, ineffective methods of stress management, and lifestyle choices associated with increased resilience. After this class, attendees will be able to schedule appointments to practice techniques and use biofeedback technology.

Meals in Minutes: A group education class addressing how to prepare healthy meals on a budget. We address nutritional facts, how to navigate on-post food options and provide guidance on healthy and sustainable meal planning.

Performance Optimization: A group education class focused on improving performance in order to not only pass but excel in the ACFT. This class provides optimal education on MSK injury prevention, exercise program development and how to prepare for each of the ACFT events.

Army Body Composition Taping Certification: Height, Weight and Body Circumference Methodology training is designed for those Active Duty soldiers that are not Master Fitness Trainers and will be conducting taping within their unit. Learn proper height, weight and body circumference protocols. Discuss healthy exercise and nutrition habits related to overall body composition. Complete a practical exam in order to pass/fail class.