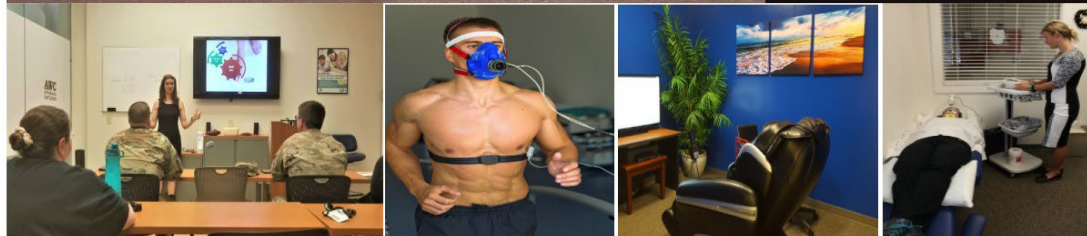


## Fort Carson Army Wellness Center



### CONTACT INFO

- Phone: 719-526-3887
- BLDG 1843,  
1891 Prussman Blvd  
Located Across from  
the Food Court
- Hours: Mon– Fri  
7:00am - 4:00pm



### AWC SERVICES

- **BOD POD TESTING:** This state of the art test will calculate your body fat percentage more accurately than any other method.
- **METABOLIC TESTING:** This test determines your personal metabolic rate. Using this information we can determine your ideal calorie intake in order to reach your goals.
- **VO2 TESTING:** This will test your highest level of oxygen consumption that you are capable of. The results can then be used to create a program to improve cardiovascular endurance.
- **BIOFEEDBACK:** This is a stress reduction education tool, in which you receive individual instruction on how to lower your heart rate and reduce stress.
- **Wellness Education Classes:** These are interactive classes that address Sleep, Activity, Stress and Nutrition in order to improve health and wellness.

## How the AWCs can assist Families and Family Readiness Groups

- The AWC Provides Standardized Prevention Programs to Build, Improve, and Sustain the overall healthy lifestyles for Soldiers Family Members, Retirees and DOD Civilians
- FRG's and family members can benefit most from the AWC's by attending our Wellness Education Classes, Fitness testing and counseling from our Health Educators
- We use the Performance triad (P3) to engage Army family members and all aspects of Healthy Sleep, Activity and Nutrition
- We can bring Wellness Education Classes and Mobile fitness testing to you. REQUEST US to attend your FRG events to conduct classes, assist with exercise and nutrition provide flyers and educational materials.
- See flyer for additional details
- Training request are booked 2 weeks out
- In house appointments booked 5 weeks out
- Like us on [Facebook.com/ FortCarsonArmyWellnessCenter](https://www.facebook.com/FortCarsonArmyWellnessCenter)

# *Leverage the Armed Forces Wellness Center to accomplish your 2024 New Year's Fitness Goals*

**GYM IN DECEMBER**



**GYM IN JANUARY**

**S M A R T**

**Are you S.M.A.R.T.?**

Is your goal specific?

Is your goal measurable?

Do you have an action plan?

Is your goal realistic?

Do you have a time limit?