



DEPARTMENT OF THE ARMY
HEADQUARTERS, 25TH INFANTRY DIVISION
BUILDING 580 KOLEKOLE AVENUE
SCHOFIELD BARRACKS, HAWAII 96857-6000

APVG-CG

8 February 2021

MEMORANDUM FOR RECORD

SUBJECT: 25th Infantry Division (25th ID) Policy Letter #2 – Holistic Health and Fitness (H2F) Physical Training

1. References:

- a. FM 7-22, Holistic Health and Fitness, 01 October 2020.
- b. US Army Physical Fitness School, <http://jackson.armylive.dodlive.mil/staff/lbt/pfs/>
- c. ATP 3-21.18 Foot Marches, 17 April 2017.
- d. AR 600-9, The Army Body Composition Program, 16 July 2019.

2. Purpose. To establish a baseline policy for Holistic Health and Fitness (H2F) in the 25th Infantry Division.

3. Philosophy. Light Fighters must be mentally and physically tough to accomplish our mission, and H2F is an essential component in ensuring that we are always ready to fight and win.

4. Policy.

a. General Physical Training Programs. Unit commanders will incorporate the five domains (physical readiness, nutritional readiness, mental readiness, spiritual readiness, and sleep readiness) to design holistic health and fitness (H2F) physical and nonphysical training programs...and make it fun.

b. Physical Training Guidance. All 25th Infantry Division Soldiers will conduct PT when in garrison from 0630-0800 hours daily. No activities will interfere with scheduled PT sessions. Morning PT is not only intended to develop strength in fitness, but also self-discipline and unit cohesion. The first formation of the day allows leaders to teach, train, mentor, and build discipline in our ranks. Battalion Commanders may extend PT hours beyond 0800 or do two-a-day sessions, but must allow for adequate Soldier recovery time, including personal hygiene and nutrition. If Soldiers' duties prevent them from conducting PT during these hours, commanders will establish PT at an alternate time during the duty day.

c. Combat Focused Physical Training. Combat Focused PT is fundamental to combat readiness. Units will conduct Combat Focused PT weekly including, but is not limited to: footmarches, kit runs, and obstacle courses. The bottom line is that PT should incorporate challenging, complex, ambiguous, and uncomfortable situations. Footmarches are an essential part of Combat Focused PT and will be conducted at least twice monthly. In addition to building physical endurance and mental toughness, footmarching is an excellent tool for measuring the discipline of a unit.

(1) Standards for the conduct of footmarches.

(a) Every Soldier and unit must sustain the ability to move tactically on foot 6 miles in combat kit (ACH, BLPs, OCPs, IBA, weapon, Camelback, gloves, and boots).

(b) Our combat units and selected combat support units must also be capable of a 25 to 30-mile approach march conducted in under 48 hours.

(2) Tactical Foot Marches. Tactical foot marches are collective training events and are conducted under the conditions in which we fight. Soldiers will wear and carry the same uniform and items of equipment in which they will fight. Units may conduct tactical foot marches during physical training hours, tactical exercises, or as a means to get to and from training.

(3) Conditioning Foot Marches. Commanders will use conditioning foot marches to progressively develop and maintain our Soldiers' ability to carry their combat loads while preserving combat power. Conditioning foot marches are physical training events. You may conduct conditioning foot marches in PT uniform with the appropriate boots.

d. Special Population.

(1) New Soldier Integration. Battalion Commanders will develop integration programs that acclimate our new Soldiers to our conditions. Leaders will conduct physical fitness assessments to establish baseline capabilities and training strategies, and teach new Soldiers how to execute PT properly and safely in order to best prepare them for combat while preventing needless injuries.

(2) Soldier Rehabilitation. Battalion Commanders will establish rehabilitation programs. Soldiers need to remain connected and part of the very teams that they will fight with, regardless of their temporary medical or physical condition.

(a) Injured or ill Soldiers. The PT goal for Soldiers on temporary profile is to maintain a level of fitness while recovering from injury as thoroughly and quickly as possible. These programs will include properly supervised progressive rehabilitation

through tailored exercise programs. The company/troop/battery is the lowest level at which profile PT may be organized for staff sergeants and below.

(b) Pregnant and post-partum Soldiers. All pregnant and post-partum (180 days after pregnancy) Soldiers are exempt from regular unit PT. However, when medically cleared by their health care provider to participate in physical training, pregnant and post-partum Soldiers must be enrolled by their unit commander in the Army Pregnancy/Postpartum Physical Training (PPPT) Program. The purpose of the program is to assist pregnant and postpartum Soldiers in maintaining health and fitness throughout pregnancy and successfully integrating back into unit fitness training programs.

(c) Overweight Soldiers. Soldiers in the Army Weight Control Program require medical evaluation to determine whether an underlying medical condition explains or contributes to their overweight status. Reconditioning programs for overweight Soldiers should combine cardiovascular exercise with strengthening, flexibility exercises, mobility, and dietary modifications to achieve a weight loss of three to eight pounds per month or one percent body fat until Soldiers achieve their optimal body weight.

5. Conclusion. Physical Readiness Training is the most important day-to-day training we do in and across the 25th Infantry Division. Commanders will protect this training to ensure that unit programs are focused and tailored to ensure that our Soldier Athlete Warriors achieve the highest levels of physical and mental fitness to meet the rigors and hardships of combat operations.

6. The memorandum supersedes previous versions and remains in effect until superseded or rescinded in writing.

7. The point of contact for this memorandum is the 25th ID, G3T, Chief of Training at 808-655-5351.



JAMES B. JARRARD
Major General, USA
Commanding