

memorandum

U-030/SEA

DATE: 12 March 1992

REPLY TO
ATTN OF:

SEA

SUBJECT: Military Physical Fitness Training

TO: Distribution D & E

1. Military members are expected to have the physical and mental stamina to function at peak efficiency in all aspects of military life. Each of the Services requires their members to be physically fit, keep their weight within established standards, and present a proper military appearance. Therefore, I task each military member in the Agency to maintain, as a minimum, the standards for physical fitness and weight control as prescribed from their respective Service.

2. Our duty locations and hours of operation do not permit a structured, Agency-wide physical fitness training program. As an alternate measure, all military personnel assigned to the Defense Intelligence Agency will be permitted to participate during normal duty hours in a physical training (PT) program to a maximum of 3 days per week not to exceed 90 minutes duration per period. Supervisors/servicemembers should consider office workload and duty hours when scheduling PT. Military personnel will use this time for PT only. Violators or abusers of this policy will lose the privilege to conduct PT during duty hours.

3. PT for military personnel is a tough management problem that cannot be ignored. Innovative ideas are required to overcome the obstacles which exist because of DIA's diversified locations, non-standard work schedules and, in many instances, lack of adequate facilities (e.g., showers and dressing rooms). However, a good PT program will not only meet the requirement placed on our military personnel by their respective Service, but also will maintain a level of fitness and stamina that will pay immediate dividends to the Agency and ensure we are returning combat ready troops to the field and fleet.


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Director

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