CHIEF's Sight Picture

8 January 2004

Fit to Fight #5 – Message to Commanders

The changes to our fitness program I announced last July are being well received by our airmen. As I visit our people, both at home and deployed, I'm pleased to see airmen taking my fit to fight challenge seriously. Commanders are integrating fitness into their units' daily routine; airmen are excited about this emphasis on their well-being; and our mindset is changing to one more focused on our warrior culture.

Over the past several months, I've been working with the MAJCOM Commanders to develop a sound policy for our units to execute our new fitness program. We've captured that policy in a command series Air Force Instruction, AFI 10-248, and you can review it at http://www.e-publishing.af.mil/pubfiles/af/10/afi10-248/afi10-248.pdf.

The change from a 40 series AFI to a 10 series AFI demonstrates my conviction that fitness of our airmen is a responsibility of command. As I've said before, commanders, supervisors, and front-line leaders must lead the way--through unit physical training, personal involvement and, most important, by example. This AFI delineates responsibility and accountability at each level. I expect all commanders to read this AFI. Understand it, adhere to it, and support it fully.

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