



UNIT ASSESSMENT REQUEST FORM
30 Days Advance Notice

Name of Requesting Service Member	
Email	
Contact Number	
Unit UIC	
Unit Address	
Date of Request	
Package Choice (1, 2, 3, 4, 5)	
Requested Date(s) of Service	
Number of Personnel	

AFWC Unit Assessment Service Packages

Package 1: Bod Pod	Package 2: Fitness Assessment/ BodPod	Package 3: Metabolic Assessment
<p>Your Soldiers will be able to utilize our state-of-the-art Bod Pod in order to determine their body composition</p> <p>Limit 30 Soldiers</p>	<p>Fitness assessment includes Sub VO2 submax testing, grip strength, back strength and flexibility testing. The results of this testing will allow the Soldier to see their overall fitness score as well as receive heart rate training zones in order to improve fitness levels. This is a 1 ½ hrs. appointment per Soldier</p> <p>Limit 6 Soldiers</p>	<p>Soldier's will complete a resting metabolic rate (RMR) assessment in order to determine their individual caloric needs to lose, maintain or gain weight.</p> <p>Limit 24 Soldiers</p>

Package 4: Bod Pod & Metabolic Assessment	Package 5: Classes On-Line MS Teams or at Unit Location
<p>Combination of Bod Pod & Metabolic Assessment</p> <p>Limit 20 Soldiers</p>	<p>Please choose from a list of classes we offer, here at the wellness center. See Class Description below.</p> <p>Classroom Limit 20 Soldiers</p>

AFWC Class Descriptions:

From January – June 2023 All of our Classes will be provided on MS Teams or at Unit

Location or at our center starting in July 2023

2526 22nd Street (Between Indiana and Kentucky Avenue)

Upping Your Metabolism: This is a follow-up class to the metabolic assessment appointment! Learn how to utilize your metabolic results to improve your metabolism. In this class we cover nutrition guidelines, physical fitness recommendations and overall wellness tips to become a healthier you!

Fueling For Health: Learn about the fundamentals of nutrition and eating strategies to fuel for optimal health. We cover the basics of macronutrients and the newest USDA recommendations.

Healthy Sleep Habits: Learn about healthy sleep hygiene to get a better night's rest.

Meals in Minutes: In this class we cover the barriers and myths to cooking and eating healthier. We cover recipes, pantry ideas and quick ideas for healthier meals!

Retire Strong: Receive tools and education on tactics to maintain a healthy and active lifestyle after retirement.

Staying Fit Home & Away: Learn how to stay physically active and maintain fitness levels during traveling or if you have a busy schedule!

Stress Management: Learn how to utilize stress management techniques to improve heart rate variability. This class is followed by individual biofeedback appointments where you can practice and visualize the empowerment of your mind and body.