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Matt Zlogar, the new Army Wellness Center director, comes to Carlisle Barracks from the Penn State Hershey Medical Center where he was the registration supervisor for the emergency room.

The Middletown, Pa. native is a two-time graduate of Penn State and served in the Marine Corps in addition to his time as a personal trainer.

Zlogar said that the Wellness Center takes a big-picture look at health for their clients and build a customized program based on their goals.

“At the Wellness Center folks have access to top notch health education to prevent chronic illness and to improve personal wellness,” he said. “These

services combined could be a couple thousand dollars but it is free to a variety of individuals. We want to help people reach their goals and change their lives.”

Army Wellness Centers complement care of primary care physicians at installation medical treatment facilities, according to the U.S. Army Public Health Command. The centers provide health promotion services and education tailored to meet individual patient needs. Army Wellness Center programs and services are available to all Army personnel. This includes active-duty soldiers and retirees, their family members, DoD civilians, and Reserve/National Guard components.

“This opportunity is a perfect combination for what I want to do, which is help people find that perfect balance with exercise a nutrition to improve their quality of life,” he said.

A key component of their program are the follow-up consultations, which he said would be a major focus for his team.

“Follow ups are by far the most crucial component of our services,” he said. “It’s vital for the participant to see their progression and what works for them personally.”

Located at 315 Lovell Avenue the Center is one of 22 open in the United States and Europe. Working with primary care managers, the staff offers advice on preventive care based on a patient’s environmental and genetic risk factors to develop comprehensive care plans, and wellness centers will help patients make healthy lifestyle decisions by providing access to resources through state-of-the-art fitness testing, healthy nutrition advice, stress reduction using biofeedback, fitness programs and health education.

For more information or to schedule an appointment call 245-4004.

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