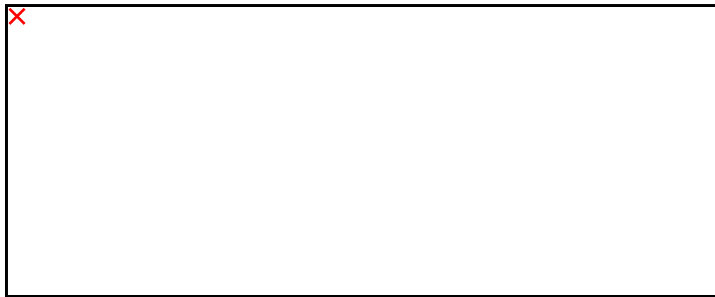


# APFRI hosting competition to promote health

*Thomas Zimmerman, Army War College Public Affairs Office*

## APFRI hosting competition to promote health, fitness



Jan. 19, 2010 -- A new program by the Army Physical Fitness Research Institute has been created to promote well-being and recognize those who make the most progress in their health and

fitness during the academic year.

The “Iron APFRI” competition has been created as a way for Army War College student seminars to compete against each other and also promoting health and fitness.

“Each seminar is asked to nominate two volunteers who will display the greatest overall improvement from their assessment results from last August and September to a follow-up assessment scheduled for March 2010,” said Col. Tom Williams, APFRI director.

Since the competition scoring is based on improvement in health and fitness, the most successful volunteers will have a significant interest in improving their health and fitness, a commitment to positive lifestyle changes and a willingness to participate in a follow-up health and fitness assessment in mid-Mar 2010, according to Williams.

The winning Seminar team will earn a coveted APFRI t-shirt for everyone in their seminar, to include up to four faculty instructors or affiliates.

“The two individuals from the seminar will also be awarded the first annual individual Iron APFRI trophies, one for each team member,” said Williams. “In addition, the seminar number will be inscribed on the enduring Iron APFRI trophy, which will remain with the seminar group until graduation, at which time it will be displayed at the APFRI Assessment Center until the 2011 competition.”

Participants will have the opportunity to receive weekly individualized personal training support from APFRI Health Fitness Instructors, personal classes, and access to other specialists within APFRI to help optimize their

progress, according to Williams. APFRI Fitness Team members will review their initial assessment and meet with team members weekly to help plot a course for individual success in health and fitness.

Questions regarding participation may be directed to Lt. Col. Jamie Cornali, Deputy Director, Executive Health Program at 245-4511 or [jamie.cornali@us.army.mil](mailto:jamie.cornali@us.army.mil).

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