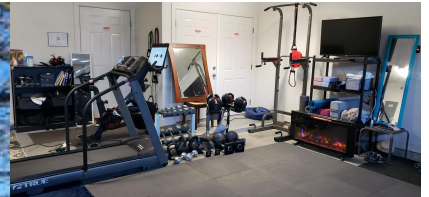


COVID-19 inspires students and faculty to find new ways to maintain their fitness

By Robert Martin, USAWC PAO 03 April 2021



Student Col. Scott McLellan makes use of a tree in his back yard to do his ring exercises.



Student Col. Shari Bennett's garage gym may rival commercial gyms.



Part of the crew training for the virtual Bataan Death March.



Jim Thorpe Fitness Center is by appointment only. 3 workouts weekly for military personnel, and up to 2 per week for all others.

U.S. Army War College Command Sgt. Maj. Brian Flom and his wife Monika were just looking for something to challenge themselves for the winter during Covid-19. Having completed the Bataan Death March in 2012, they realized that this year's virtual event would be a great opportunity for a COVID-19 winter challenge.

New ideas for family fitness, collegial fitness, and garage-based fitness have emerged during the COVID-19 year. War College staff, faculty, and students are participating in virtual marathons, streaming yoga and creating other ideas to keep fitness front and center. In the military, the benefits of exercise correlate with mission readiness, job performance, mental health, and leadership.

Flom and his wife were hiking along the Appalachian Trail with Col. Doug



A fully equipped conex with ACFT weights can be used by students just by checking out a key from the Fitness Center.

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Winton and his wife Gabriella, when they decided, “Why don't we open this up and see if anybody else is interested,” said Flom.

“My email list now is 20+ people that have come on and said I want to come to do this [Death March],” said Flom.

The March will be held on April 10th, 2021, at 6:30 a.m. and will begin at the clock tower in Boiling Springs. To register for the Bataan March see the link to the right, or contact Flom at brian.flom@armywarcollege.edu for more information.

Need a transition. For those looking for something less strenuous, the chair of the Military Strategy, Policy and Operations department, offers a twice-weekly yoga class online.

“My goal is to share the benefits of yoga within the military community,” Col. Michael Hosie said.

Hosie began yoga in 2012 while at the Naval War College. Now a certified instructor with a focus on Power Yoga, he leads his class with a strong focus on building core strength and mental focus, he said. There are many different types of yoga, and he recommends trying various forms.

“Our community here at Carlisle Barracks is unique, and for many reasons is a great audience for yoga,” said Hosie. “Many at Carlisle Barracks are in midlife—a pivotal period characterized by high stress and decreasing physical capability. Regular yoga practice can address some of the damage associated with service and extend the capacity to enjoy other physical pursuits.”

“The benefits of yoga are well-documented,” said Hosie. “First of all, yoga is a great workout and can complement anyone’s fitness program, he added. Of particular interest to our community is that yoga has been shown to help alleviate back pain, he said. Yoga has also been successfully incorporated in programs that address mental health challenges such as PTSD and depression.”

Classes are streamed on Zoom on Wednesdays at 6:30 a.m. and Thursdays at 5 p.m. Those interested can contact Col. Hosie at michael.hosie@armywarcollege.edu.

Flexibility is pivotal to fitness and to War College students navigating their studies during COVID.

Everyone is doing their own thing at the individual level, said Lt. Col. Mason Thompson, a USAWC student. “Lots of running around the golf course. Some are taking advantage of the post gym’s time slots. Others have garage gym setups.”

“Our family broke down and bought a Peloton, and that has helped my wife and I stay connected with friends and family across the country via fitness,” said Thompson. “The golf course trail is a favorite of my five-year-old. She gets to ride her bike, and I get to jog.”

“At my hotel, I’m lucky to have access to a gym,” said Army civilian-student Cathleen Yeisley. “I schedule appointments to use their treadmill every other morning. Also, I have a Beach Body DVD and have access to online videos I use on the off-treadmill days,” she said

“When the gym was closed due to COVID, I had to do something to battle my holiday weight and to balance out the stress,” she said. “So, I ran, dodging trucks on Route 11, but once I got to Shady Lane, it was nice, featuring a little bridge over Letort Spring Run and fields to Interstate 81.”

“When the weather was better, hiking on the AT was a key activity,” said Lt. Col. Trevor Voelkel, a student. “When the weather went south, we did a lot of fun exercise videos on YouTube together—Kids Yoga, Kids Karate. We also did Nintendo Switch- Boxing. Also, MasterClass has some holistic fitness classes that were a lot of fun.”

“My wife and I simply bought a used treadmill from the Facebook marketplace and have put some miles on it,” said student Col. John Ives. “We set a goal to walk the entire Appalachian Trail in Cumberland County before we leave. It turns out we are walking it twice. We still have about 25 miles to go when it warms back up.”

On base, the Jim Thorpe Fitness Center is by appointment only. Appointments open on Thursdays for the following week: up to 3 workouts weekly for military personnel, and up to 2 per week for all others. You may also call each day during working hours (M-F: 5 am to 7 pm, Sat, Sun, Holidays: 9 am to 3 pm) for next-day openings. Call 717.245.3418 to schedule an appointment.

Masks must be worn when entering and departing the gym. They’re not required while at your assigned workout station.

The one-hour appointments are for one of the 11 workout stations: 45 minutes to work out and 15 minutes for cleaning the station. You may bring one guest. but they are limited to family members living in the same

household. Bring a towel for personal use, and please note that the showers and lockers remained closed.

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