



## The Role of Squadron Commanders in Improving Physical Fitness Behaviors

By Heather A. Nelson

Biblioscholar Okt 2012, 2012. Taschenbuch. Book Condition: Neu. 246x189x3 mm. This item is printed on demand - Print on Demand Neuware - Air Force (AF) personnel need physical and cardiovascular endurance to be productive and healthy. Currently, 44.4 percent of AF members are overweight, 12.4 percent are obese, and only 59.4 percent of AF members engage in regular physical activity. The purpose of the study is determining the best methods to achieve a fit and healthy force and to motivate AF members to maintain physical activity. Fifty-two squadron commanders participated in a web-based survey. The most common squadron fitness activities were running (78 percent), calisthenics (74 percent), and a practice fitness assessment (68 percent). The three most common rewards given by commanders to high fitness assessment scorers included recognition at commander's call, a one- or two-day passes, and a certificate. These non-monetary awards are strategies to improve fitness behaviors. 50 pp. Englisch.



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