



DEPARTMENT OF THE ARMY
HEADQUARTERS, 199TH INFANTRY BRIGADE
6506 INDIANHEAD ROAD
FORT BENNING GEORGIA 31905-6221

Policy Memorandum 7-22-02

ATSH-TP

26 July 2019

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: 199th Infantry Brigade Physical Fitness Policy

1. References.

- a. FM 7-22, Army Physical Readiness Training, 26 October 2012
- b. AR 350-1, Army Training and Leader Development, 10 December 2017

2. Purpose. The purpose of this memorandum is to outline my guidance for physical training for the Redcatcher Brigade.

3. Philosophy. Physical Training (PT) is the cornerstone for everything we do within the U.S. Army. Our profession relies on physical capability as the baseline to Army lethality. I truly believe that a Soldier's effectiveness depends largely on their fitness level. I believe in the holistic health and fitness (H2F) model the Army designed. MCoE has operationalized H2F into the Maneuver Human Performance Model:

- a. Physical (Fitness, sleep, nutrition)
- b. Cognitive
- c. Spiritual
- d. Social
- e. Character

4. Guidance. Physical fitness must be challenging and programmed to challenge all different fitness levels within a group. Our physical fitness programs should be designed to train and assess all aspects of human performance. The following should be used to facilitate leaders in developing plans to increase individual human performance.

a. Physical training should be conducted for a minimum of 60 minutes each day between the hours of 0600-0900. If a previously scheduled event prevents PT from being conducted during that period, reschedule PT to a later time.

b. Physical training must also be conducted while in the field. Units that are not executing physically arduous field training must allocate time to conduct fitness training.

c. It is encouraged to use mobile physical training apparatuses when deploying to the field for an extended time to increase fitness options.

d. All physical training will begin with preparation and will end with recovery IAW FM 7-22.

e. No one is excluded from conducting physical fitness training. If on profile, Soldiers will execute physical training within the limits of their profile. Cadre/instructors will do PT alongside their students with the aim to inspire, lead, train and set the standard. When administering a fitness test, the cadre should be in the same uniform as the testers.

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f. Regardless of rank, doing physical training alone during 0600-0900 is discouraged. It is risk that does not need to be accepted and you miss the opportunity to inspire someone or be motivated to achieve a higher physical readiness level.

g. Uniform is prescribed by the chain of command based on activity and the environmental conditions. When conducting physical fitness in any Army fitness facility from 0530-0730, all Soldiers must be in their Army physical fitness uniform IAW MCoE policy 210-5.

h. I encourage leaders to seek out expertise from within their formations (master fitness trainers) and external resources (Army Combatives instructors, Tactical Athlete Performance Center personal trainers, clinical professionals, etc...) in designing their programs.

4. SUPERSESSION: This Policy Memorandum supersedes Policy Memorandum 7-22-01, dated 28 August 2017.

5. Point of contact for this memorandum is the undersigned at (706-545-4301).

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COL, IN
Commanding

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