



DEPARTMENT OF THE AIR FORCE
HEADQUARTERS AIR COMBAT COMMAND
JOINT BASE LANGLEY-EUSTIS VA

OFFICE OF THE COMMANDER
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OCT 21 2019

MEMORANDUM FOR DISTRIBUTION TO ACC UNITS

FROM: ACC/CC

SUBJECT: Guidance Memorandum for Conditioning/Reconditioning (Fitness) Program for Airmen During and After Pregnancy

1. This Air Combat Command (ACC) Guidance Memorandum supplements Air Force Instruction (AFI) 36-2905, *Fitness Program*.
2. This memorandum provides guidance for ACC Fitness Centers and ACC Medical Treatment Facilities.
3. To the extent this memorandum is inconsistent with other ACC Publications, the information herein prevails, in accordance with AFI 33-360, *Publications and Forms Management*.
4. This memorandum is effective immediately and becomes void after 365 days, unless it has been renewed or incorporated into AFI 36-2905.
5. The ACC Point of Contact for this memorandum is Colonel Rosemary Haley, ACC/SGO. She can be reached by phone at (757) 764-1280 or via e-mail at rosemary.haley@us.af.mil.

A handwritten signature in black ink, appearing to read "James M. Holmes", is positioned above the typed name.

JAMES M. HOLMES
General, USAF
Commander

Attachment:
ACC Guidance Memorandum

ACC Guidance Memorandum

1. Overview

1.1. References:

1.1.2. AFI 36-2905, *Fitness Program*

1.1.3. AFI 10-203, *Duty Limiting Conditions*

2. Purpose: By Order of the Commander, Air Combat Command, this Guidance Memorandum immediately implements changes to the Fitness Program by establishing additional fitness and educational opportunities for pregnant Service Members in order to enhance their physical wellness. This program contains optional pregnancy and postpartum reconditioning/conditioning certified fitness classes and self-guided fitness materials that will enable them to better perform their assigned duties and successfully complete the Air Force Fitness Assessment (FA) upon expiration of the 12 month deferment period or sooner, if the AF Service Member desires. This guidance is intended to assign responsibilities and provide instructions for implementation.

3. Responsibilities:

3.1. MAJCOM/SG will:

3.1.1. Monitor and report progress of this program monthly.

3.2. Force Support Squadron Commander/Director (FSS/CC/CL) will:

3.2.1. Ensure Fitness Centers are staffed with certified pregnancy trainers. Exception: A kiosk loaded with a pregnancy fitness module may suffice until a certified trainer is acquired.

3.2.2. Host classes at least three times a week in order to meet American College of Obstetricians and Gynecologists (ACOG) fitness standards.

3.2.3. Ensure monthly utilization statistics are reported to the Health Promotion Office.

3.2.4. Ensure Fitness Assessment Cell has the Post Pregnancy Questionnaire (see Attachment 1) to distribute to all female AF Service Members prior to them taking their FA test.

3.3. Medical Group Commanders (MDG/CC) will:

3.3.1. Ensure all MTF providers receive training on the pregnancy referral process as it pertains to exercise prescriptions.

3.4. MTF Healthcare Team will:

3.4.1. Provide an AF Form 469, *Duty Limiting Condition Report*, that includes any fitness restrictions to all AF Service members who are pregnant. This report will remain in effect for the duration of the pregnancy, plus 6 weeks after discharge from the hospital following completion of pregnancy.

3.4.2. Ensure that every pregnant AF Service Member receives standardized educational materials which describe ACOG endorsed exercises for women and is provided information about the optional pregnancy conditioning/reconditioning fitness classes.

3.5. Health Promotion Coordinators will:

3.5.1. Provide consultative services and exercise prescriptions as requested.

3.5.2. Provide MAJCOM SG office with a monthly report on utilization of pregnancy classes and Post Pregnancy Questionnaires.

3.5.3. Provide an exercise prescription to all pregnant AF Service Members. If assistance is needed, consult with other Health Promotion Coordinators within the Command who are trained and certified in Exercise Physiology.

3.6. Squadron Commanders will:

3.6.1. Ensure Unit Fitness Program Managers (UFPMs) and/or Physical Training leaders (PTLs) who perform Unit fitness assessment testing have the Post Pregnancy Questionnaire in order to distribute to all female AF Service Members prior to them taking their first fitness assessment test.

4. Procedures:

4.1. MTF Healthcare Team will:

4.1.1. Complete an AF Form 469, *Duty Limiting Condition Report*, placing the member on a Code 81 status. This should be written to cover the duration of the pregnancy plus 6 weeks after discharge from the hospital following completion of a pregnancy only.

4.1.2. Enter a referral to the Health Promotion Coordinator so the patient can receive a tailored exercise prescription.

4.1.3. Offer a prenatal nutritional consult to all pregnant AF Service Members where base services are available.

4.1.4. Provide pregnancy/post pregnancy educational and fitness materials to all pregnant AF Service Members following a positive pregnancy test. These resources can be download from the following website <https://www.afpc.af.mil/Career->

Management/Fitness-Program.

4.1.5. Provide information regarding the optional pregnancy fitness classes offered by the base Fitness Center.

4.2. Health Promotion Coordinators will:

4.2.1. Provide an exercise prescription that is tailored to the individual in order to optimize their performance in their assigned duties or mission set.

4.3. Fitness Centers will:

4.3.1. Host pregnancy/post pregnancy related exercise classes with attendance tracking.

4.3.2. Report status of pregnancy classes to the Health Promotion Office by the last duty day of each month.

4.4. Fitness Assessment Cell will:

4.4.1. Ensure all female AF Service Members, prior to taking their fitness assessment test, be given the Post Pregnancy Questionnaire in addition to the Fitness Screening Questionnaire (FSQ).

4.4.2. Send all Post Pregnancy Questionnaire results to the Health Promotion Office by the last duty day of each month using their appropriate communication channels.

4.5. Unit Physical Training Leaders (PTL) will:

4.5.1. Ensure all female AF Service Members, prior to taking their fitness assessment test, be given the Post Pregnancy Questionnaire in addition to the FSQ.

4.5.2. Send all Post Pregnancy Questionnaire results to the Health Promotion Office by the last duty day of each month using their appropriate communication channels.

4.6. Health Promotion Office will:

4.6.1. Ensure to send a utilization report of pregnancy-related fitness classes and all Post Pregnancy Questionnaires to the following MAJCOM/SG org box: acc.sgo@us.af.mil by the 5th day of the following month using their appropriate communication channels.

4.7. MAJCOM/SG office will:

4.7.1. Monitor, track and report the overall progress of the conditioning/reconditioning (Fitness) Program for Airmen During and After Pregnancy to HQ.

Attachment 1

(ENTER NAME OF BASE HERE BEFORE PRINTING) POST PREGNANCY QUESTIONNAIRE

Please complete this Questionnaire if this is your first Fitness Assessment test following a pregnancy 20 weeks or more.

Please use the following scale to answer the questions:

1 = Strongly Disagree

2 = Disagree

3 = Neither Agree nor Disagree

4 = Agree

5 = Strongly Agree

N/A = Did not utilize

1. Did you participate in the Pregnancy/Post-Pregnancy Fitness Classes?

Yes _____ No _____ If no, please state why not _____

2. Please rate the following components of the Pregnancy/Post Pregnancy Program, based on the question, "How well did Pregnancy Program assist you with your fitness training?"

a. Certified Instructor-led training classes	1	2	3	4	5	N/A
b. Educational materials from the Med Group	1	2	3	4	5	N/A
c. Online Spark People programs:	1	2	3	4	5	N/A
d. Army's Exercise Guide:	1	2	3	4	5	N/A
e. Fitness Kiosk	1	2	3	4	5	N/A

3. The Pregnancy/Post Pregnancy Fitness program helped me manage my fitness during pregnancy and post pregnancy.

1 2 3 4 5 N/A

4. The Pregnancy/Post Pregnancy Fitness program helped prepare me for my first Fitness Assessment post pregnancy.

1 2 3 4 5 N/A

5. What could be done to make the Pregnancy/Post Pregnancy Program better?
