



**Army Wellness Centers** promote enhanced and sustained healthy lifestyles to improve overall well-being of Soldiers and family members through integrated and standardized programs and services.

## Building health with the AWC

The Army Wellness Center helps Soldiers, retirees, their families, and Army civilians build and sustain good health. It empowers them to set their own health goals and achieve them. It addresses lifestyle change in areas that affect both short- and long-term health, engaging people in their "lifespace"- the places where they live, work, relax and rest.

## AWC & Army units

- >> Improve unit readiness and support physical fitness standards by targeting the physical fitness and performance of Soldiers.
- >> Help avoid overtraining and related injuries - the right amount of time exercising yields optimal results.
- >> Reduce lost and limited-duty time due to injury.

## AWC & medical providers

- >> Provide a tool to address lifestyle behaviors holistically and over time.
- >> Programs are evidence-based and leverage technology to help clients succeed.
- >> Allow for medical provider direction and oversight of patient progress through AHLTA documentation and PCMH integration.

## AWC & you

You set the goals; the AWC staff puts you on the path to achieving them and walks the path with you. Programs are individualized to address your current needs, motivation and confidence level. Programs are free! From private sources this testing would cost about \$3,000.

## How the AWC works

The AWC is a U.S. Army Medical Command initiative overseen by the Army Public Health Command. The AWC is staffed by nurse and health educators who deliver primary prevention programs. (Primary prevention occurs before disease, injury or disability occurs.) Referrals can be made to the AWC by medical providers or unit commanders. Self-referrals are always welcome and can be made by contacting AWC directly.

## >> CONTACT INFORMATION

**AWC-JBLM**  
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## Core programs offered at the AWC

The AWC approach to service is holistic. AWC staff members take into account all of an individual's physical, psychological and social circumstances when providing services. A holistic approach is important because a person's health cannot be fully addressed unless we consider the whole person.

- >> **Health assessment review:** An analysis of a person's health status, risk for disease, and ability to increase physical activity safely.
- >> **Physical fitness:** Using state-of-the-art equipment, physical fitness level is assessed and used to create an individualized exercise prescription.
- >> **Healthy nutrition:** Use of metabolic testing that synchronizes an individual's resting metabolic rate to provide tailored strategies for weight loss, gain or maintenance.
- >> **Stress management:** Education in biofeedback and stress relief techniques, positive coping skills and good sleep habits.
- >> **General wellness education:** Classes on topics such as healthy lifestyles, increased resiliency, preventing chronic disease through healthy living habits, and self-care.
- >> **Tobacco education:** An assessment of an individual's readiness to change, a discussion of possible options for becoming tobacco-free, and provision of the appropriate tobacco cessation education.

