

Commanding Officer, Marine Aircraft Group – 36

Physical Fitness Policy

Physical fitness is a key element in improving the performance of every Marine and Sailor serving within MAG-36, and contributes directly to the readiness of the MAG and the overall strength and effectiness of the MAGTF. As outlined in the Marine Corps Physical Fitness Program (MCPFP), the ultimate goal of Marine Corps physical fitness is to optimize mental and physical performance and make our Marines and Sailors more lethal, resilient, and capable on the battlefield, and in their daily lives.



Individual/unit fitness is directly linked to combat readiness and, when viewed through a total fitness lens, is a key enabler to overall welfare and performance. In order for our Marines and Sailors to be relevant, reliable and ready for the next fight, we must take a holistic approach to fitness that strives to optimize our Marine's health, prevent/reduce injury, increase physical fitness, build and engrain individual confidence, and contribute to our esprit de corps through positive, yet challenging, total fitness concepts.

Historically, within the Aviation Combat Element (ACE), we have not always done a good job of affording our Marines and Sailors the opportunity to incorporate a sustainable fitness plan into their already busy schedules. As leaders, this is not only a critical aspect of making us strong as an organization, but is essential to taking care of our warriors, and is as important as Professional Military Education and marksmanship to ensuring they maintain their ability to compete for cutting scores, promotions, etc. In order to change this paradigm, I expect every unit within MAG-36 to adhere to the following guidelines when it comes to physical fitness within their units:

- Commanders and senior enlisted leaders (SELs) must embrace the positive aspects of a total fitness approach and enable a culture change related to health and fitness.
 - Qualify and maintain at least one Force Fitness Instructor (FFI) within each unit to serve as the commander's Subject Matter Expert (SME) on nutrition, physical fitness, sports-related injury prevention and rehabilitation, and the design and implementation of a structured MCPFP.
 - Develop and maintain a MCPFP down to the directorate/workcenter level within each command that:
 - Contributes to the overall health and wellness of every Marine/Sailor through regular exercise, proper nutrition, health education and periodic PFT/CFT evaluations.
 - Develops Marines who are physically capable of performing their job requirements in garrison, training and combat.
 - Develops a reserve level of physical fitness and endurance in all Marines in order to enhance their survivability in a combat environment.
 - Develops individual self-confidence and a competitive spirit through shared physical challenge and adversity, thereby enhancing organizational discipline, morale, esprit de corps and combat readiness.
 - At a minimum, Commanders/OICs/SELs will ensure all Marines/Sailors within their charge perform at least five 30 minute physical conditioning sessions per week. This requirement can be satisfied through organizational and/or individual training events, and should include both aerobic and anerobic training. These sessions can be conducted singularly or as combined events (e.g. 30 Min of weight training, followed by 30 min of running/swimming/biking).
 - To the maximum extent possible, five 30 minute or three 60 min periods per individual, per week, will be scheduled during normal working hours toward the completion of this training.

The MAG-36 FFI is Sgt Gamesroble who can be reached at abelardo.gamesrosal@usmc.mil or 636-3092 for assistance in developing unit/individual training programs and qualifying squadron FFIs.


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