

COMMUNITY CORNER

Physical resiliency key component to overall Soldier health, fitness

By Col. William Clark
GARRISON COMMANDER

July is often associated with Independence Day – and all the fun of summer. But there are a few lesser known observances I want to highlight before the month's end. July also is Total Force Fitness Month.

Physical resiliency is one of five pillars of Comprehensive Soldier Fitness, the Army's program to ensure the well-being and health of the workforce. Along with social, emotional, spiritual and Family resilience, physical makes a well-rounded Soldier.

Fort Riley has programs in place to aid in strengthening your physical resiliency – and Total Force Fitness Month is a perfect time for me to tell you about these programs.

FITNESS CENTERS AND PROGRAMS

Fort Riley operates five fitness centers: King Field House on Main Post and Robinson, Long, Leonard and Craig fitness centers on Custer Hill. Each center is equipped with cardio equipment and strength training equipment.

Additionally King Field House offers several fitness classes ranging from Zumba to spinning and yoga to boot camp classes.



Col. Clark

Department of Defense ID cardholders like Family members and civilian employees also may participate in these activities.

FUNCTIONAL TRAINING

Functional training is housed in the Mission Essential Fitness Center at Craig Fitness Center. MEF is a different form or training – one that conditions Soldiers to better perform their mission, in Garrison as well as any operational environment.

A Soldier is required to have a high level of fitness, capable of performing a multitude of physical tasks involving power, strength, speed and agility.

Functional training incorporates all of these fitness components to train Soldiers as tactical athletes both aerobically and anaerobically.

For more information on physical resiliency opportunities at Fort Riley, visit www.rileymwr.com/sports.

INTRAMURALS

Units at Fort Riley can participate in intramural sports ranging from traditional sports like flag football to softball to more non-traditional sports like paintball and kickball.

With different seasons ongoing all year and special events and tournaments occurring frequently, there is something to be just about any need.

Intramural sports not only promote physical resiliency, but they can be a form of socializing – and they certainly help unit cohesion.

COMMUNITY LIFE

Community Life sports are to intramural sports in that seasons are ongoing throughout the year for different sports, but community life sports are not just for active-duty Soldiers.

To comment on this column or suggest a topic for Community Corner, email usarmy.riley.incom.mbc.post-newspaper@mail.mil.

Hearts Apart to offer free game of golf to Families of deployed

By Pamela Redford
1ST INF. DIV. POST

Military Family members often know that staying busy is key during a deployment, temporary duty or unaccompanied tour.

Fort Riley's Army Community Services program – Hearts Apart – can help boost morale and pass the time during one of these circumstances.

From 1 to 4 p.m. July 26, Hearts Apart will offer a free

afternoon of golf at the Custer Hill Golf Course.

Hole in 1, the Fundamentals in Golf is an event designed for waiting Families who are left behind because of their Soldier's mission requirements.

Attendees will have the opportunity to learn the skills of a trained PGA professional and use that knowledge to compete in various mini-competitions for prizes.

Hearts Apart brings several

free, Family-oriented events to the installation every year to build resilience and keep spouses connected with friends while their Soldiers are deployed.

Registration is required by July 24. Child care will be provided. If one needs child care, he or she should indicate so at the time of registration.

For more information about Hearts Apart, call 785-239-9435.

USO
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Gary Sinise
and the Lieutenant Dan Band

Date: Jul 28, 7pm - Riley's Conference Center
Gates Open at 6pm. Don't forget to bring your blanket or lawn chair.