



REPLY TO  
ATTENTION OF:

**DEPARTMENT OF THE ARMY**  
**HEADQUARTERS, U. S. ARMY EUROPE REGIONAL MEDICAL COMMAND**  
**CMR 442**  
**APO AE 09042**

MCEU-O

26 September 2002

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: ERMC Command Policy Letter 15, Physical Fitness

1. References:

- a. AR 350-41, Training in Units.
- b. AR 600-8-2, Suspension of Favorable Personnel Actions (Flags).
- c. AR 600-9, The Army Weight Control Program (reprinted w/basic including Change 1 and 2).
- d. FM 21-20, Physical Fitness Training and Change 1, 1 Oct 98.

2. Commanders will design and execute a challenging physical fitness program (PFP) that promotes combat readiness and overall fitness. The program should include a variety of aerobic and conditioning tasks. The PFP will consist of unit-level and voluntary activities. The references above provide information on developing unit PFPs.

3. Due to the wide variety of duties performed by the Europe Regional Medical Command (ERMC) and inherent health care mission, a highly structured collective training program is not always practical. Therefore, individually scheduled physical fitness programs for staff and shift workers should be emphasized. Commanders and supervisors will provide adequate time during the duty day to conduct the training, as appropriate.

4. The PFP will allow for a minimum of at least 30 minutes of aerobic type of exercise 3 times per week, to include adequate time for changing, showering, and recovery. In support of the Army Total Force Concept, ERMC supports structured civilian workers fitness programs sponsored by local BSB and ASG Commanders.

5. Commanders will tailor a mandatory company level Special Emphasis Fitness Program to enroll soldiers who are over Body Fat Standards or fail the APFT. These actions will be in accordance with (IAW) AR 600-9.

6. Commanders will flag soldiers IAW AR 600-8-2, who fail the APFT or do not meet the Body Fat Standards IAW AR 600-9.

7. Commanders should administer the APFT twice per year with a minimum of four months between record tests.

8. As a reward, commanders may exempt soldiers who score above 270 points from their unit level PFP. Soldiers who receive a score of 270 or above and a minimum of 90 points in each event will receive the Army Physical Fitness Badge.

**ELDER GRANGER**  
**Brigadier General, USA**  
**Commanding**

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\*This memorandum supersedes ERMC Policy #350-1-1(00), dtd 24 Jan 00.