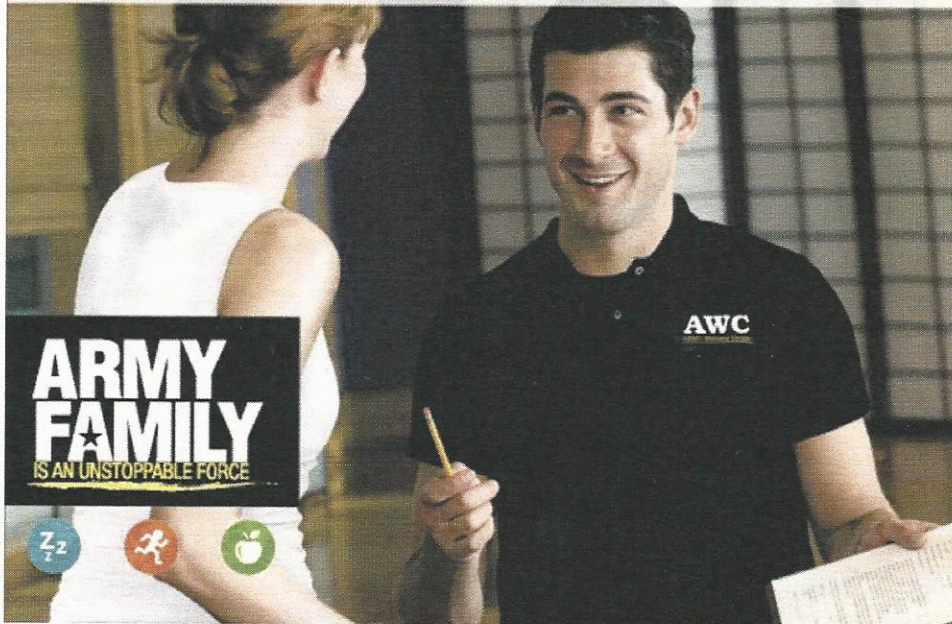


# Army Wellness Centers

Can Enhance your **Sleep Quality**, **Increase Activity** and **Improve Your Nutrition!**



---

## Army Wellness Centers (AWCs)

Your local Army Wellness Center is a state-of-the-art facility designed to help you reach your healthy lifestyle goals. Specializing in the three key components of health- Sleep, Activity, and Nutrition- the highly trained staff is here to assist you by offering classes, assessments, and health coaching sessions.

Services are open to all active duty, dependents over the age of 18, retirees, and DoD civilians.

Army Wellness Center JBSA  
Building 147, 2407 N. New Braunfels  
Fort Sam Houston, JBSA TX 78234  
Appointment Line: 210-539-1254

---

## A Spotlight on AWC Services

### Sleep Education



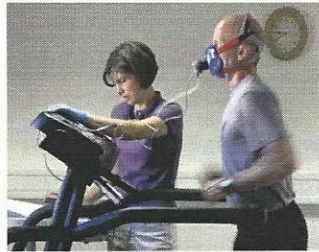
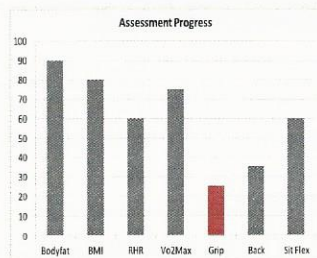
Sleep education services include general information about healthy sleep habits, impact of sleep on health and wellbeing, tools, tips and positive action steps to improve sleep. The Healthy Sleep Habits class covers the basics of appropriate sleep practices and walks clients through a self-assessment process to increase awareness of their own sleep habits. The class provides tools for sleep tracking and highlights the latest technology to assist with healthy sleep habits. Clients will craft healthy sleep goals and create a basic sleep plan to improve both quantity and quality of sleep. The Healthy Sleep Habits Class lasts approximately 60 minutes and is available several times per month. Call the AWC to reserve a seat in the next class.

### Exercise Testing and Exercise Prescription

Exercise testing is an assessment of biometrics (height, weight, body mass index, blood pressure, heart rate) and the four components of health related physical fitness:

- Aerobic Fitness (Submaximal VO<sub>2</sub>)
- Muscular Fitness
- Body Composition (Body Fat %)
- Flexibility

Health Educators use exercise test results as a planning tool for exercise prescription and motivation to assist clients in establishing and meeting reasonable physical activity, fitness, and health goals.



Submaximal VO<sub>2</sub> testing

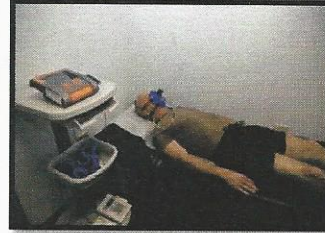
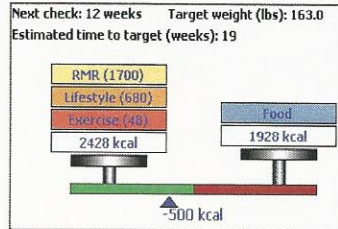
Your fitness assessment will consist of either walking or running on a treadmill, or a cycling test on a specially designed exercise bike. The test will last approximately 8-12 minutes, and will measure the amount of oxygen you use while you exercise.

In addition, we will measure your body composition, back strength, grip strength, and your flexibility. Then we will give you all the results in a comprehensive report and give you recommendations based on your goals. The complete appointment takes approximately 90 minutes.



## Weight Management and Metabolic Testing

Metabolism is the medical term for the rate at which the body burns calories. Weight management involves a delicate balance between calories burned and calories consumed. Metabolic testing results provide the exact number of calories required for weight loss, gain, or maintenance. The *Upping Your Metabolism* class will teach clients how to use their metabolic test results to reach their health goals.

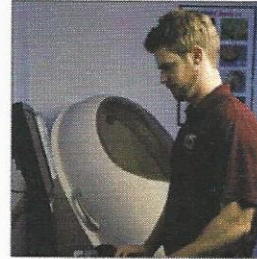


Metabolic Testing

Metabolic testing consists of two appointments—a 45 minute metabolic assessment and a 60 minute results class. During the metabolic assessment you will be asked to breath into a machine for 15 minutes. Appointments are available every day of the week. Call the AWC to schedule.

## Body Composition Analysis

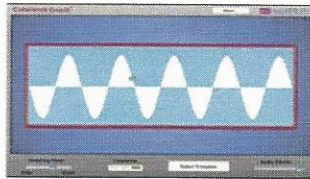
AWC JBSA has several different methods to evaluate body composition— or body fat%. They include the BOD POD®, bioelectrical impedance, ultrasound, and skinfold calipers. Body composition testing is available either in conjunction with your metabolic or fitness assessments, or by itself.

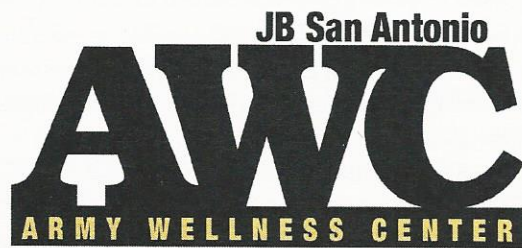


The BOD POD testing chamber

## Biofeedback and Heartmath

This program helps you identify your body's physical response to life stressors. Understanding this response and learning to control it, through breathing techniques and visualization exercises, can help you maintain focus and perform at your optimal level. Learning to control your body's stress response can help you improve your marksmanship, ace your upcoming promotion board and even help decrease your 2-mile run time.





---

## **The Best Part is... AWC Services Don't Cost You Anything!**

- Sleep Education
- Weight Management and Metabolic Testing
- Exercise Testing and Exercise Prescription
- Nutrition Education
- Wellness Coaching
- Body Composition Analysis
- Health Assessments

These services would cost you approximately \$3,000 at a fitness center or civilian provider, so take advantage and schedule an appointment with Army Wellness Center JBSA today!

Army Wellness Center JBSA  
Building 147, 2407 N. New Braunfels  
JBSA Fort Sam Houston, TX 78234  
Appointment Line: 210-539-1254



Learn more about  
the Performance TRIAD at  
[HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)