

Our Health Educators provide a health assessment review during each appointment.

We also provide health education classes on many topics including: metabolism, nutrition, and stress management.

Services are available to all Soldiers, Family Members (17 years and older), Retirees, and DA Civilians.

**We strongly encourage patients go to the following website:**

<https://awc.army.mil/> and answer the health questionnaire prior to their scheduled appointment.

Call for an appointment

(912)767-4077

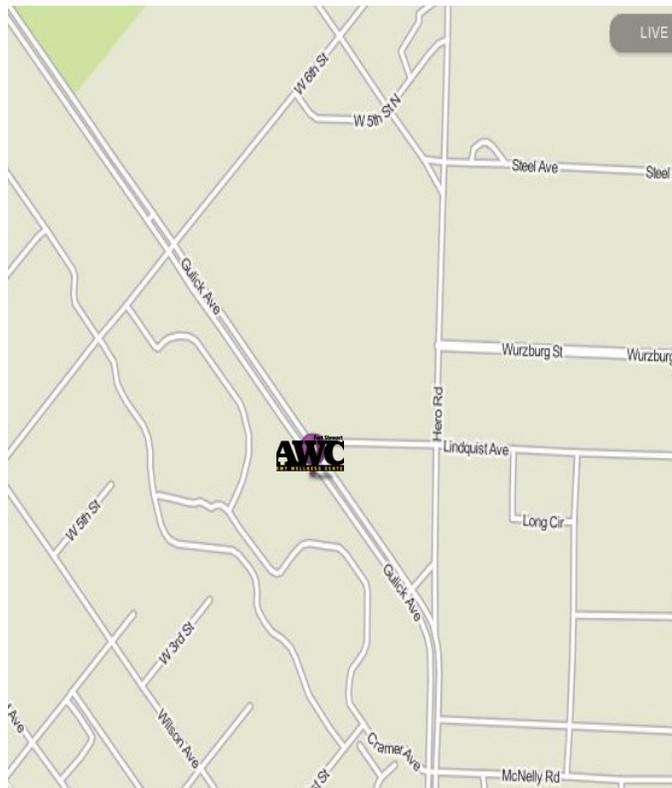
Mon-Thursday 0730-1630

Friday 0730-1200

Friday Staff Training 1300-1630

### Lunch Hours

Monday-Friday 1200-1300



PROMOTING  
ENHANCED  
&  
SUSTAINED  
HEALTHY LIFESTYLES  
FOR THE  
FORT STEWART  
COMMUNITY

844 Gulick Ave  
Building #442  
Fort Stewart, Georgia 31314  
(912)767-4077



## Physical Fitness Assessment

(60 Minute Appointment)

### Includes Two Parts:

1. (a) Treadmill or Cycle assessment to measure cardio respiratory fitness. (b) Assessment of musculo-skeletal strength, endurance, and flexibility
2. A follow-up appointment where you will receive:
  - An exercise prescription based on your fitness goals
  - Wellness Report Card

### Test Preparation:

- Wear comfortable workout clothing
- No exercise the day of the test or 14 hours prior and no food, drink, caffeine or tobacco 5 hours prior (water and prescribed medications only)

## Metabolic Assessment

(30 Minute Appointment)

### Includes Two Parts:

1. An oxygen measurement to determine your individual calorie needs
2. A follow-up class about metabolism and personal weight management where you will receive individual results for calorie needs and resources

### Test Preparation:

- No exercise the day of your assessment or 14 hours prior and no food, drink, caffeine or tobacco 5 hours prior (water and prescribed medications only)
- Be well hydrated; drink water at night
- Wear comfortable clothing

## Body Composition Analysis (BodPod)

(45 Minute Appointment)

- Individual will receive results for body composition analysis

### Test Preparation:

- No exercise the day of your assessment or 14 hours prior and no food, drink, caffeine or tobacco 5 hours prior (water and prescribed medications only)
- Be well hydrated; drink water at night
- Bring with you tight fitting clothing (i.e. spandex shorts, compression shorts, sports bra)



## Stress Management/ Biofeedback

(45 Minute Appointments)

### Includes two parts:

1. An introductory class about stress management
2. Four to six biofeedback sessions- working on stress management techniques such as deep breathing, relaxation and how to control heart rate

## Wellness Coaching

(30 Minute Appointment)

- Coaching to assist you in utilizing your Resting Metabolic Rate Testing Results and adopting a healthy eating plan
- Coaching to assist you in setting and reaching fitness related goals
- Weekly, bi-weekly, or monthly goal setting

