

Commander's Call Topics



April 30, 2015

"To keep the body in good health is a duty...
otherwise we shall not be able to
keep our mind strong and clear."

*Buddha
Leader and philosopher
(563-483 BC)*

May is Older Americans Month
This year's theme
is
[Get Into The Act](#)

Activity, Lifestyle and Nutrition Are the Keys to Optimum Fitness

May is National Physical Fitness and Sports Month, calling attention to the importance of a well-balanced combination of physical activity, lifestyle and nutrition in maintaining optimum health.

Airmen already have a solid fitness base because of the daily requirement for PT training, but that's only the beginning. Nutrition and lifestyle each play an equally important part.

The President's Council on Fitness, Sports & Nutrition, a key participant in National Physical Fitness and Sports Month, promotes adults' participation in 30 minutes of physical activity each day and cites some [facts and statistics](#) on its website that urge active adult to look around and see what small changes can be made to encourage health and well-being throughout the community. For example:

- Only one in three children is **physically active** every day, in large part because children now spend more than seven and a half hours a day in front of a screen — TV, videogames and computers.
- **Lifestyle** plays an important role in America's inertia. Only about one in five homes is within a half mile of a park. That percentage — about 20 — is the same for the number of homes within a half mile of a fitness or recreation center.
- **Nutrition** is key to a robust and healthy lifestyle. While available consumable food increased in all major food categories from 1970 to 2008, so did consumption. The average American has increased his daily caloric intake by 600 calories over that same time period. In children ages two to 18, empty calories from added sugars and solid fats contribute to 40 percent of total daily calories. Half of these empty calories come from just six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza and whole milk.

The balance among activity, lifestyle and nutrition is key to obtaining and maintaining optimum health. It's a winning trifecta.

From [AFI 36-2903, Dress and Personal Appearance of Air Force Personnel](#). Chapter 7, *Physical Training Uniform*:

7.1.1. All components making up the PTU and IPTU are considered uniform items. Installation commanders may temporarily adjust wear policy to address immediate safety or omission/operation concerns and may be more restrictive with wear policy (e.g., no hats during organized fitness events, no head/ear phones due to safety concerns, etc.) to support unit cohesion and present a standardized image. There is no mandated maternity PT uniform. Pregnant members participating in unit PT, may be authorized to wear civilian clothing in the colors of blue, black, white or grey. Commanders determine the required PTU/IPTU configuration during organized PT events.

► TRENDING

"These myths include a commander's ability to start, stop or otherwise hinder a sexual assault investigation; what agencies can take a sexual assault report; and the number of sexual assaults where the victim and the perpetrator are in the same unit."... From [Maj. Gen. Gina Grosso](#), in [Honest answers to sexual assault myths](#)

► RESOURCES

Website access to the following resources can be gained by clicking on the name.

[AF.mil](#)

[Airman magazine](#)

[Military OneSource/HomeFront](#)

[Air Force Personnel Center](#)

[Air Reserve Personnel Center](#)

[Department of Defense News](#)

[Department of Veteran Affairs](#)

[TRICARE](#)

[U.S. Government Website](#)

[Air Force Association Scholarships](#)

[Air Force Safety Center](#)

[Civil Service Employment Opportunities](#)

[NAF Employment Opportunities](#)

[Air Force Bands/Outreach](#)

► THIS WEEK IN AIR FORCE HISTORY

April 30, 1999 - The NASA Dryden Flight Research Center at Edwards AFB unveiled the X-34, a technology demonstrator for a reusable space launch vehicle.

May 1, 2001 - The Space Shuttle Endeavour landed at Edwards AFB after a mission to the International Space Station to deliver a robotic arm, a multipurpose logistics module, and an UHF antenna.

May 2, 1977 – 1st Lt. Christine E. Schott became the first woman undergraduate pilot student to solo in the T-38 Talon.

May 3, 1930 - Laura Ingalls completed 344 consecutive loops. Afterwards, she tried again and accomplished 980 loops. In another flight later in the year, she successfully completed 714 barrel rolls, giving her a pair of records no one has cared to challenge.

May 4, 1979 - The A-10B flew its first flight at Edwards AFB, Calif.

May 5, 2004 - Two C-130s from the 146th AW (California ANG), equipped with the Modular Airborne Firefighting System, dropped 21,600 gallons of fire retardant on the Cachuma fire in Santa Barbara County, California.

May 6, 1937 - The German dirigible Hindenberg burned while moored at Lakehurst, N.J. Thirty-five people died in the fire.

Cyber security is everyone's responsibility, and there's a guide for that. The downloadable fourth edition of the [Air Force Social Media Guide](#) provides a balance between telling the Airman's story and revealing too much information. The guide explains geotagging and why it is important, and gives useful information in a straightforward and usable format.

► CURRENT ISSUES

[Air Force provides additional support in Nepal](#)

Following the April 25 earthquake in Nepal, the Air Force supported disaster relief operations by sending two C-17 Globemaster IIIs carrying cargo, aid workers and search and rescue personnel to the area.

► PERSONNEL ISSUES

[AF promotes 513 to captain](#)

Air Force officials selected 513 first lieutenants for promotion to captain during the calendar year 14D Captain Line of the Air Force, Chaplain, LAF Judge Advocate, Nurse Corps, Medical Services Corps, Biomedical Sciences Corps Quarterly Selection Process.

[Assistance program provides GS employees counseling, more](#)

Personal and family problems can diminish a person's happiness, health and ability to be their best at home or at work. The Employee Assistance Program can help employees of authorized federal agencies resolve these concerns.

► ENVIRONMENT, SPACE AND TECHNOLOGY

[AF will defend, boost space assets](#)

The Air Force is looking at the next generation of satellites and ensuring that they will be more resilient and have more defensive capabilities built into them.

For more information on Air Force heritage, visit <http://www.airforcehistory.af.mil>

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