



CONTROLLING THE WEAPONS

A modern fighting machine with some of the most sophisticated weapons known to mankind. An apt description of today's Air Force.

We've come a long way in producing weapons, many of which can be used with pinpoint accuracy. But they're no good without people who can deploy to faraway lands and be physically ready to work long hours, do tough jobs and be ready to survive in harsh environments such as those found in Southwest Asia during Operation Iraqi Freedom.

Being physically ready under the new fit-to-fight program is the way to go. And it doesn't matter whether you're directly or indirectly supporting fighters, transports, tankers, helicopters, unmanned aircraft, space operations or other systems. The point is still the same: being physically fit so that you can be mentally alert to help put the weapons in the air and on target when it counts.

Gen. John P. Jumper said that the amount of energy devoted to fitness programs has not been consistent with the "growing demands of our warrior culture." "It's time to change that."