



COMDTINST 6100.3

31 OCT 1990

COMMANDANT INSTRUCTION 6100.3

Subj: FIT FOR DUTY - FIT FOR LIFE: The Coast Guard Reserve Wellness Program

1. PURPOSE. This instruction establishes a Coast Guard Reserve wellness program entitled "FIT FOR DUTY - FIT FOR LIFE." It provides information and guidance to increase the longevity and quality of life for Reserve members and their families.
2. DISCUSSION.
  - a. The vitality of any organization comes from its people. Each individual's health, fitness, and overall well-being are important to the Coast Guard. The Reserve Program has embarked on a major initiative to enhance the quality of life for all Reserve members and their families. We will provide the information, incentives, and encouragement for each member to achieve a healthy and rewarding lifestyle.
  - b. Designated around well recognized principles of health and wellness, the FIT FOR DUTY - FIT FOR LIFE Program approaches its task in two ways: providing a publication to convey wellness information and establishing a program to encourage regular participation in fitness activities.
  - c. The FIT FOR DUTY - FIT FOR LIFE WELLNESS PUBLICATION (COMDT PUB P6100.2) is designed as a reference and source book on wellness and physical fitness. It is laid out in a replaceable page format to fit a standard 3-ring binder so that new information can be added to keep current with the best and latest information. It presents a positive proactive approach to wellness through improvement in lifestyle and physical fitness. Major sections include:

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2. c. (cont'd) Getting Started - A Lifestyle Health Test; You and Your Body - Avoiding Illness; Lifestyle - Good habits for Better Health; Getting Help - You and Your Doctor; and The FIT FOR DUTY - FIT FOR LIFE Sports Award Program. Some specific topics are highlighted below.
  - (1) Nutrition and physical fitness are the cornerstones of any wellness program. Both proper nutrition and exercise affect the condition of your body and are essential to maintaining proper health. A long-term commitment to healthy eating habits contributes significantly to overall well-being and a strong feeling of personal satisfaction. The same holds true for physical fitness. Improving one's physical condition often requires hard work and commitment, but the rewards are well worth the effort.
  - (2) There is an increasing awareness of the impact of stress in our lives. During the course of each day, we are subject to numerous demands. Stress is our body's response to these demands. Stress is not necessarily unhealthy, but often steps are needed to manage it properly. This program will help you understand these daily demands, help you learn to recognize your own "stress response," and show you ways to counteract the harmful effects of stress.
  - (3) The FIT FOR DUTY - FIT FOR LIFE Program encompasses efforts to provide our reservists the best medical care possible. To this end, each Selected Reserve member is provided a physical examination every 48 months beginning at age 24. This examination will include a cardiovascular blood profile and a test for the human immunodeficiency virus (HIV). If high cholesterol readings are found, the member is strongly encouraged to obtain prompt follow-up studies, counseling and treatment as deemed necessary by their personal physician or health care professional.
  - (4) Mammography has been identified as an important method for early detection of breast cancer, the most common form of cancer among American women. Working with the Office of Health and Safety, we are making mammography available to all female Coast Guard Reserve personnel quadrennially between the ages of 40 and 48, and then biennially to age 64.
2. d. In cooperation with the President's Council on Physical Fitness and Sports, we have developed a performance recognition program: the FIT FOR DUTY - FIT FOR LIFE Sports

2. d. (cont'd) Award Program. Guidelines for this program are in the FIT FOR DUTY - FIT FOR LIFE WELLNESS PUBLICATION. The Coast Guard sports award program emphasizes the importance of aerobic exercise by focusing on specific activities within the Presidential Sports Award Program. The award of a certificate acknowledges a commitment to a healthy lifestyle. The sports award program provides reservists an incentive for active and regular participation in sports and fitness activities, in which all family members are strongly encouraged to participate.
- e. Members completing the requirements for a sport, will earn the Presidential Sports Award Certificate as well as the FIT FOR DUTY - FIT FOR LIFE Sports Award certificate (enclosure 1).
3. RESPONSIBILITIES.
  - a. The primary factor in any wellness initiative is each individual's determination to make good health a personal goal. You are what you make yourself. By pursuing a healthy lifestyle, you, and each member of your family, will begin to feel better, look better, live longer, and find more enjoyment in life.
  - b. An organization is only as good as its people and people are only as good as their health. Principles of good leadership require commanders to devote their efforts toward the wellbeing of those under their command. Therefore, it is incumbent upon all echelons of command to pursue an aggressive wellness incentive program as well as becoming role models in this important aspect of one's personal life. For example, we must ensure Reserve members are provided cardio-vascular blood profiles, human immunodeficiency virus (HIV) testing and mammography as scheduled; and enforce regulations related to drug and alcohol abuse, smoking, and weight standards. Enclosure (1) contains a list of Coast Guard directives related to wellness.
  - c. In recent years, a wealth of information on the subject of health and fitness has become more available. It is the intent of the Reserve wellness Program to promote the initiative of commanders to take advantage of all available information relative to health and well-being and provide this information to their personnel. It is the responsibility of commanders at all levels to go a step further than merely overseeing the implementation of this program. They should demonstrate a genuine concern for their personnel by progressively and actively seeking incentives

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3. c. (cont'd) that support and promote personal fitness. District commanders are expected to monitor the progress of their Reserve groups and units in this regard.
  - d. Supervisors and marking officials should emphasize to their personnel the importance of a sound, active wellness program as it applies to the "Health and Well-Being" section of the Officer Evaluation Report (OER) and the "Stamina" section of the Enlisted Performance Evaluation Form. Even though the benefits of the Reserve Wellness Program are in large part personal in nature, many aspects of the program can be utilized as a tool to monitor progress and the maintenance of good fitness and health habits.
  - e. Commandant (G-RSM) will bulk mail copies of the FIT FOR DUTY - FIT FOR LIFE WELLNESS PUBLICATION to each district. District commander (rs) shall ensure each reservist receives a copy. All feedback or inquiries on wellness should be directed to the Wellness Coordinator in Commandant (G-RSM-1).
  - f. The Presidential Sports Award program is administered by the Amateur Athletic Union (AAU) in conjunction with the Presidential Council on Physical Fitness and Sports. Commandant (G-RSM) will send an initial supply of Presidential Sports Award pamphlets to each district (rs) for further distribution to Reserve members. Additional pamphlets may be obtained directly from the AAU.
  - g. In keeping with the concern for educating and training our personnel, articles dealing specifically with wellness and related topics will appear in each issue of the RESERVIST.
4. ACTION. Area and district commanders, commanders of maintenance and logistics commands, and Reserve unit commanding officers shall ensure all reservists receive this Instruction and the FIT FOR DUTY - FIT FOR LIFE WELLNESS PUBLICATION.

/s/

J.N.FAIGLE  
CHIEF, OFFICE OF READINESS  
AND RESERVE

- Encl: (1) Directives Related to the Coast Guard Reserve Wellness Program  
(2) FIT FOR DUTY - FIT FOR LIFE Sports Award Certificate

DIRECTIVES RELATED TO THE COAST GUARD RESERVE WELLNESS PROGRAM

- COMDTINST M1000.6 (series) - Personnel Manual
- COMDTINST M1001.27 (series) - Reserve Administration and Training Manual
- COMDTINST 1020.8B (series) - Maximum Allowable Weight Standards for Coast Guard Military Personnel
- COMDTINST M6000.1 (series) - Medical Manual
- COMDTPUB P6100.2 (series) - Fit For Duty - Fit For Life Wellness Publication (soon to be published)
- COMDTINST 6200.8 (series) - Smoking in Coast Guard Facilities
- COMDTINST 6220.1 (series) - Management of Human Immunodeficiency Virus (HIV) Infection in the Coast Guard
- COMDTINST 6220.2 (series) - Testing and Notification for Exposure to Human Immunodeficiency Virus (HIV) Infection for Inactive Duty members of the Coast Guard Reserve

# **FIT FOR DUTY — FIT FOR LIFE**

## **SPORTS AWARD**



PRESENTED TO



FOR

Who has, through regular athletic accomplishment,  
made a commitment to the active life. Our congratulations to  
you on your dedication and determination.

Chief, Office of Readiness and Reserve  
United States Coast Guard

Commandant  
United States Coast Guard

**ENCLOSURE(2)**