



U.S. COAST GUARD



Homeland Security

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WEIGHT AND PHYSICAL FITNESS STANDARDS

As announced in ALCOAST 329/04, the Coast Guard's revised Weight and Physical Fitness Standards go into affect on October 1, 2004. I just signed COMDTINST M1020.8E, WEIGHT/PHYSICAL FITNESS STANDARDS FOR COAST GUARD MILITARY PERSONNEL, which provides the standards and details associated with administering the program. The instruction will be available no later than 20 September 2004 via Coast Guard Central at <http://cgcentral.uscg.mil/mycg/portal/ep/home.do>,

through the Internet at:

<http://www.uscg.mil/ccs/cit/cim/directives/welcome.htm>

or through the Intranet at

<http://cgweb.uscg.mil/g-c/g-ccs/g-cit/g-cim/directives/welcome.htm>

In an effort to dispel some rumors, let me provide an overview of some of the key elements of the instruction. First and foremost, the maximum allowable weight and body fat tables that are currently in effect do not change. So, if you are weight/body fat compliant today, you will be compliant on 1 October. Second, the new policy does not mandate an organized all hands-type exercise program, nor does it necessitate or authorize a standard exercise uniform for the entire Service. Instead, it requires that every member develop a basic fitness plan and that commands afford their members three hours per week to engage in physical fitness activity during the work day, should a member choose to do so. Otherwise, in keeping with the personal responsibility aspect of this policy, members have the option of exercising at home as long as they are weight and body fat compliant. This doesn't preclude the development of structured fitness programs like at the Academy, Officer Candidate School, the CPO Academy, and Cape May where wellness and fitness are an integral part of the curriculum.

What else is new? Starting next month, all Coast Guard personnel will be weighed twice each year (October and April), and units will be required to make the appropriate entry in Direct Access. Members who are found to be within ten pounds of their maximum allowable weight will be encouraged to complete a Personal Wellness Profile in accordance with the Coast Guard Health Promotion Manual, COMDTINST M6200.1. Members who are found to be overweight will be required to lose the weight, participate in a mandatory fitness activity a minimum of three days per week, and pass a monthly mandatory fitness assessment until the excess weight has been lost. Additionally, there are tighter restrictions regarding participation in resident training. Finally, commands will be required to designate a Unit Health Promotion Coordinator (UHPC) to assist members in the development of their personal fitness plans and to conduct mandatory fitness assessments. UHPCs

will all receive specialized training to assist them in the performance of this very important collateral duty.

In a nutshell, people who are currently within allowable weight limit and participate in a regular physical fitness program at least three times per week will be personally unaffected by the new policy beyond having to submit a personal fitness plan to their supervisor. People who are within allowable weight limits but do not regularly exercise will need to develop and engage in a fitness plan as outlined in the new instruction. Those people who are found to be overweight beginning in October 2004, will need to engage in a healthier lifestyle involving better eating habits, exercise habits, and mandatory physical fitness testing.

While weight remains the principle measure of compliance, we are truly interested in improving the overall health, physical readiness, and appearance of the workforce. The results of the semi-annual weigh-in will be collated, analyzed, and reported to the Commandant on a regular basis.

Regards,

RADM Kenneth T. Venuto
Ken Venuto

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