



DEPARTMENTS OF THE ARMY AND THE AIR FORCE
JOINT FORCES HEADQUARTERS KANSAS
2800 SOUTHWEST TOPEKA BOULEVARD
TOPEKA, KS 66611-1287

NGKS-TAG

7 September 2011

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: TAG Policy Letter #36, Remedial Army Physical Fitness Training

1. It is the policy of the Kansas National Guard that all AGR Soldiers will take and pass the Army Physical Fitness Test (APFT) on a semi-annual basis as prescribed in AR 350-15. Soldiers will meet height/weight standards as prescribed in AR 600-9.
2. AGR Soldiers who do not pass the APFT are required to attend two remedial physical training (PT) sessions per week until they are able to pass the APFT. The program is designed to build physical strength so the Soldier can pass the APFT. The program will emphasize technique in the three APFT events. AGR Soldiers will continue to follow the one hour, three-day per week policy published by the HRO. Remedial PT will be conducted as outlined below:
 - a. Meet on Tuesday and Thursday, both a.m. and p.m. sessions available for one hour.
 - b. PT will be organized/leader led PT classes beginning with stretching and cardio calisthenics. Classes will be in the form of step aerobics, kick boxing, abdominals, weight training, running, etc. All classes will include range of motion exercises to increase the push-ups and sit-ups and reduce the time of the run.
3. The APFT will be given only once per month, on the last Thursday of the month at 0800 hours.
4. AGR Soldiers who do not meet the height/weight standards are required to attend a weekly nutritional counseling and techniques session. Program is designed to help Soldiers who cannot pass the height/weight standards to reduce weight/body mass index/body fat so they meet weight standard. Program will emphasize nutritional knowledge to reduce caloric intake, reduce fat intake and reduce weight. Nutritional counseling will be conducted as outlined below:
 - a. Meet for not more than one hour on Wednesday at 1130 hours.
 - b. A basic nutritional plan will be developed for each Soldier.
 - c. Demonstrations will be conducted of the preparation of nutritional items.
 - d. Soldiers who are required to attend nutritional counseling and technique sessions are encouraged to weigh in on a weekly basis, but are required to weigh in monthly and receive formal, personalized counseling.

5. Supervisors of AGR Soldiers who have not passed the APFT and/or met height/weight standards will ensure maximum participation by these Soldiers.
6. While this policy applies to AGR Soldiers, it is open to all Soldiers, both AGR and technicians, state employees, and contractors who have a desire to improve their knowledge and physical fitness level. All employees of the Adjutant General's Department are encouraged to participate in the physical fitness and nutritional level to enhance their overall quality of life. All employees of the Adjutant General's Department who participate in this program must meet technician, state employee or contractor rules, regulations or policies for PT and/or time and attendance.
7. The Chief of Staff will be responsible for all decisions regarding the approval of exceptions to this policy letter.
8. Questions regarding this memorandum should be addressed to COL Mike Erwin, G1, at 785-274-1061 or michael.erwin@us.army.mil.



LEE E. TAFANELLI
Major General (KS), KSNG
The Adjutant General

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