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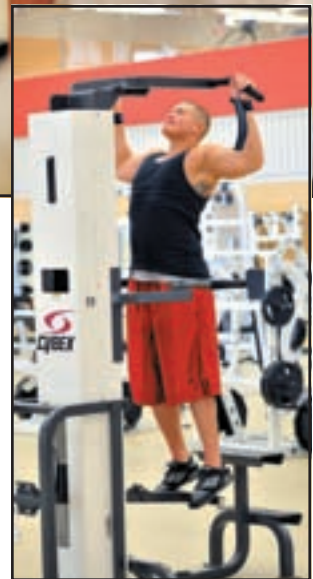
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# Malmstrom Facilities Affirm Air Force Commitment to Airmen, Families



Midway through the Year of the Air Force Family, there are many examples of the Air Force's reaffirmed commitment to airmen and families, from new facilities and programs to expanded support and services. The Air Force reinforced this commitment with its budget proposal for fiscal year 2011. According to Maj. Gen. Al Flowers, USAF, Air Force budget director, as part of the \$119.6-billion budget proposal, the Air Force is investing approximately \$1 billion for quality-of-life programs, including funding for more child development centers, youth centers, family fun areas and other family support services. In addition, the Air Force received funding from the Department of Defense (DoD) to create "accessible family parks" at 10 bases in CONUS/OCONUS, featuring accessible playground equipment and surfacing for children and parents of all abilities.

In the area of fitness, three fitness center projects were completed in 2009 at

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- Patrick  
Air Force Base

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- Ingrid Owen  
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# FACILITY SHOWCASE

## AIR FORCE



Center at the USAF Academy, Colorado Springs, Colo., estimated at \$17.5 million.

The new fitness center at Malmstrom AFB, which opened in May of 2009, is phase one of a \$25.3-million two-phase project. The U.S.

Vandenberg AFB, Calif. (\$15.5 million, 51,000-sq.-ft. facility); Charleston AFB, S.C. (\$2.5 million renovation project); and Malmstrom AFB, Mont. (\$13.5 million, 79,618-sq.-ft. facility). Two new fitness centers are underway at Spangdahlem AB, Germany, at a cost of \$23.5 million and a Cadet Fitness

Army Corps of Engineers (USACE) is the lead construction agency for the project and Gus R. Olson was the lead construction representative during phase one for USACE.

Phase one features an abundance of space for fitness equipment, a college-sized basketball court, indoor track,

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group exercise room, parent/child workout area and a climbing treadwall. The parent-child area was developed for the parents/guardians of children ages 6 months to 6 years to be able to exercise while maintaining direct visual control over their child. The area is located on the main floor of the new fitness center and includes four cardio machines for adults to work out on. Parents may bring their choice of DVDs for their children to watch in the children's play area.

"The new facility is very spacious and it allows for much more weight lifting and cardio equipment," notes 2nd Lt. Heather Fletcher, USAF, fitness center OIC.

At an approximate cost of \$11.8 million, phase two will include the addition of 27,000 square feet to the east side of the current facility, and will house a front desk, offices, a Health and Wellness Center (HAWC) and a Fitness Assessment Cell, which will be used for fitness assessments and bi-annual fitness testing of airmen. A new outdoor track is also in the plans, as well as an indoor lap pool and racquetball courts.

As the base was creating a spacious new fitness center as part of phase one, the old fitness center was being transformed into a hub for families, with new facilities and programs catering specifically to their needs. In addition to

housing the main desk and offices, the old basketball courts have been turned into a ReBall arena (paintball with foam ammo) and a very popular Family Fun Zone. An aerobic room and the cycling room are also housed here and both are used for classes daily.

The family fun zone, located in the upper gym of the old fitness center, is an indoor entertainment play center where parents can bring their children to enjoy the recreational equipment and games. The fun zone includes inflatable jumpers and obstacle courses, a dinosaur play area, giant chess and checkers, soccer and badminton.

Paintball enthusiasts can enjoy the new 50-foot-long and 100-foot high Reball area located in the lower gym of the old fitness center. Reball is a 62-caliber round foam ball that can be shot through a standard paintball gun.

"The new space has made the old facility available for Re-



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Mother of Iraq Veteran Matt Drake



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Ball and the Family Fun Zone,” notes Fletcher. “Having the new space and equipment allows for more availability and variety for squadron PT sessions, and we are able to accommodate for larger groups.”

Active duty members, their dependants and retirees have received the new fitness center very well.

“We offer something for everyone and the facility is constantly used,” says Fletcher. “Because of the extreme mission here at Malmstrom, the fitness center is open every morning during the work week at 4:00 a.m. until 10:00 p.m. It is also open until 10:00 p.m. on the weekends to ensure that people who return home from the missile complex have every opportunity to stay in shape.”

She points out that as a Northern Tier base, it is important for Malmstrom to have a facility such as this because of the extreme conditions that exist in Montana.

“With the weather being so frigid in the winter and the high winds that come through year round, a large, spacious facility that offers everything including an indoor track is necessary to keep our airmen fit to fight.”

Some of the more popular fitness classes are cycling, yoga and Pilates. “A wide variety of classes – 15 in total – are offered each week.”

“Promoting good health is incredibly important and we do what we can to educate the public on healthy habits,” notes Fletcher. “Our fitness center offers one-on-one certified personal trainers who can personalize fitness plans to fit any member’s goals. The Health and Wellness Center is also a great source for health screenings and diet plans.”

The facility also hosts monthly fitness challenges and incentive programs that offer prizes to the members with the most amount of time spent exercising. The fitness center has also sponsored events such as the Largest Loser and FitFamily. Malmstrom has a great intramural sports program as well. Sports activities are offered all year long and are a great way for groups to be active and competitive.

Fletcher points out that the staff is what keeps the fitness center running as well as it does,

“Having quality staff and training enhances everything that is offered at our facility,” she says. “They are all Physical Training Leaders (PTLs) and fully trained to lead PT sessions and conduct the fitness assessment for any military member. Several are also Unit Fitness Program Managers and schedule

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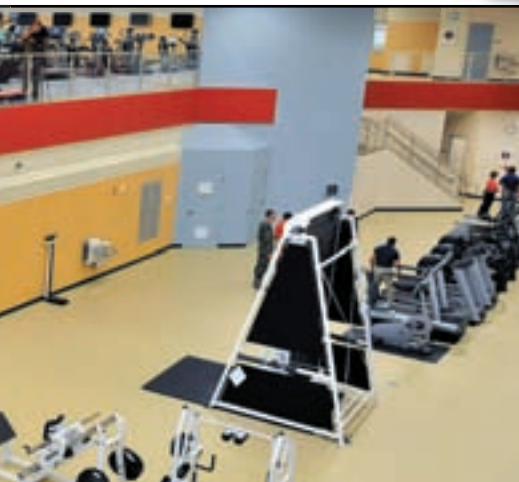
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fitness assessments for the squadron, as well as being trained as a PTL. Each staff member is trained in CPR/AED and Bloodborne Pathogen safety.”

—GRF

## Malmstrom Equipment Lineup

### CARDIO

- Concept2** (rowers)
- Cybox** (upright/recumbent bikes, stair steppers, arc trainers)
- Life Fitness** (treadmills, crosstrainers, recumbent bikes)
- Nautilus** (stairsteppers)
- Precor** (AMTs, crosstrainers, ellipticals, treadmills)
- Technogym** (ellipticals, recumbent bikes, upright bikes, treadmills)
- Schwinn** (spin bikes)
- Star Trac** (treadmills)

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