



## Fort Bragg Army Wellness Center Programs and Classes

901 Armistead Street

910-643-2101

### MISSION

Army Wellness Centers (AWCs) provide integrated and standardized primary prevention programs and services that promote enhanced and sustained healthy lifestyles to improve the overall well-being of Service Members and their families.

### CORE PROGRAMS

- Health Assessment Review
- Physical Fitness
- Healthy Nutrition
- Stress Management
- General Wellness
- Tobacco Education

AWC services are open to Active Duty, Active Duty Dependents, Retirees, Reservists, Eligible Contractors and DA Civilians.

Hours of Operation

Monday - Friday 0700 - 1500

Wednesday 0700 - 1100

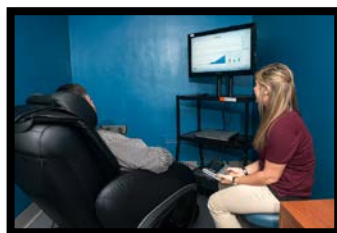
Closed Lunch: 11:00 a.m. - 12:00 p.m.

### STRESS MANAGEMENT

Purpose: Education in stress relief techniques, and positive coping skills. Such as deep breathing, guided imagery, progressive muscle relaxation, and mindfulness meditation.

Test Preparation: No caffeine or nicotine 30 minutes prior to Individual Stress Management Training.

Complete the Health Assessment prior to your appointment at <https://awc.army.mil>.



### WELLNESS CLASSES

- Upping Your Metabolism
- Healthy Meals in Minutes
- Individual Stress Management Education
- Healthy Sleep Habits
- Fueling for Health
- Staying Fit Home and Away

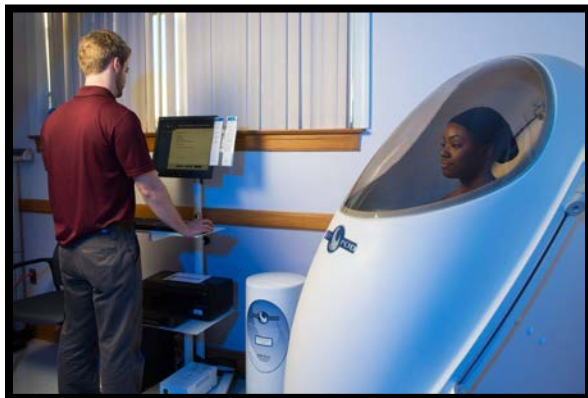


## BODY COMPOSITION

**Purpose:** A measurement of body composition using air displacement to determine your fat and fat free mass. Serves as a baseline and tracking tool for healthy lifestyle changes.

**Test Preparation:** No food, exercise, drink, or nicotine 5 hours prior. ALL material must be spandex, Lycra, or nylon. No cotton.  
Men - spandex, compression shorts, Speedo, etc.  
Women- spandex bottoms, compression shorts, etc. with sports bra without metal pieces, or bathing suit without metal pieces, such as an under wire.

Complete the Health Assessment prior to your appointment at <https://awc.army.mil>.

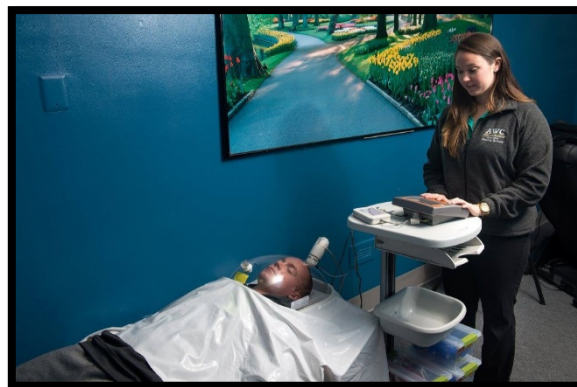


## METABOLIC TESTING

**Purpose:** Use of metabolic equipment testing that synchronizes an individual's resting metabolic rate to provide tailored strategies for weight loss, gain, or maintenance.  
Attend Upping Your Metabolism class to learn how to increase your metabolism using the metabolic test results and effective strategies for managing your weight.

**Test Preparation:** No food, exercise, drink, or nicotine 5 hours prior.

Complete the Health Assessment prior to your appointment at <https://awc.army.mil>.



## FITNESS TESTING

**Purpose:** Use of state-of-the-art equipment, to assess your cardiorespiratory fitness, musculoskeletal strength, and flexibility.  
Receive individualized exercise prescription to achieve your goals.

**Test Preparation:** No food, exercise, drink, or nicotine 5 hours prior.

Complete the Health Assessment prior to your appointment at <https://awc.army.mil>.

