



# LOUISIANA NATIONAL GUARD

PROTECT WHAT MATTERS<sup>SM</sup>

MASTER FITNESS TRAINER PROGRAM  
(MFT)



PROTECT WHAT MATTERS<sup>SM</sup>

## **WHAT CAN WE DO FOR THE SOLDIERS?**

- Customized Fitness Programs
- Diet Coaching
- ACFT/APFT Coaching
- Private One-on-one Training Sessions
- Yellow Ribbon Health lectures



## **UNIT VISIT'S FROM MFT**

- Command Brief
- Performance Nutrition Class
- ACFT Coaching
- Individual Fitness and Nutrition Counseling For Soldiers Who Have Not Passed an ACFT
- Create a Plan for Short and Long-term Goals for Soldiers Utilizing Remedial PT Program
- Soldier Measurement Calibrations (Scales)
- 2-mile Track Layout



## **WHY ARE MFT'S IMPORTANT**

- Trained and Proficient in the Standards of PRT
- Asset to Soldiers Having Difficulty Maintaining ACFT Standards
- Aid in Promoting the Importance of Health and Fitness Long Term
- Trained in ht/wt Measurement Procedures
- AR 600-9, FM 7-22
- Advise Commanders on Physical Training Plans



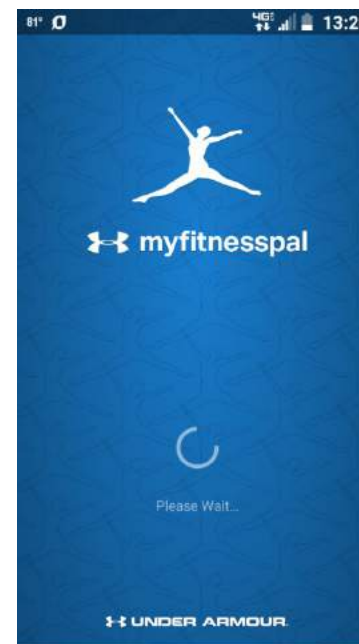
## **QUALIFICATIONS FOR THE MFT PROGRAM:**

- E-5 or Above
- Must Score a Minimum of 70% in Each Category of APFT
- College-level Course Work
- Three Exams
- Instruction from Expert Fitness Professionals



# PROTECT WHAT MATTERS<sup>SM</sup>

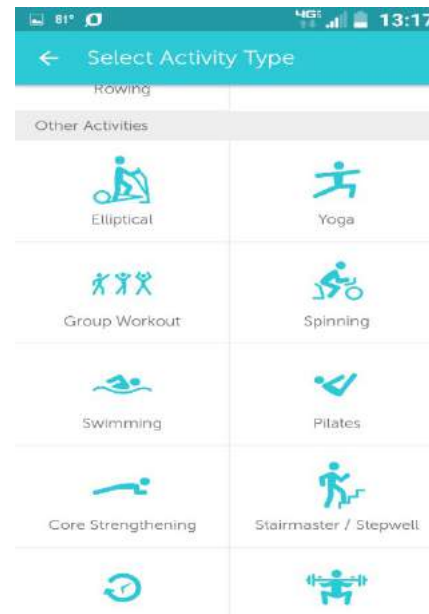
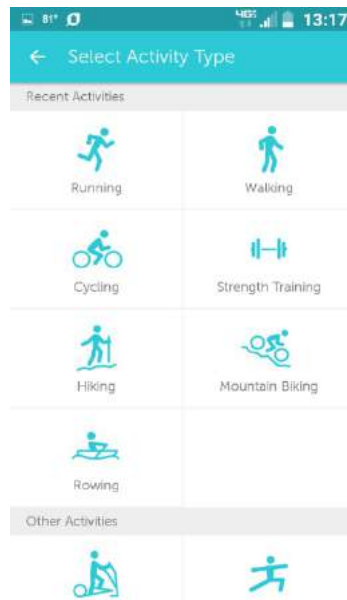
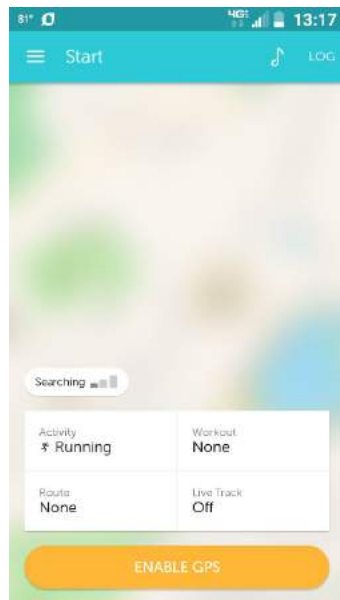
## FITNESS APPS FOR COMMANDERS





# PROTECT WHAT MATTERS<sup>SM</sup>

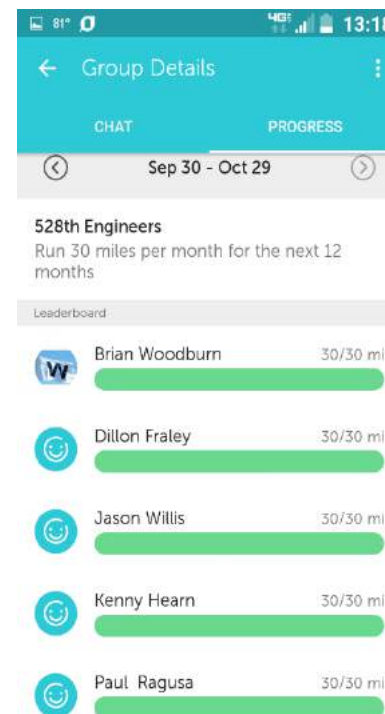
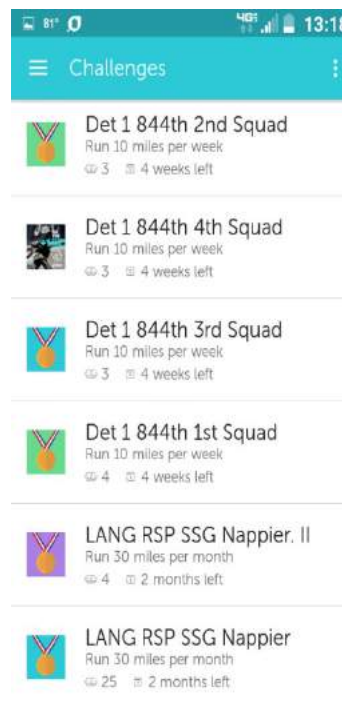
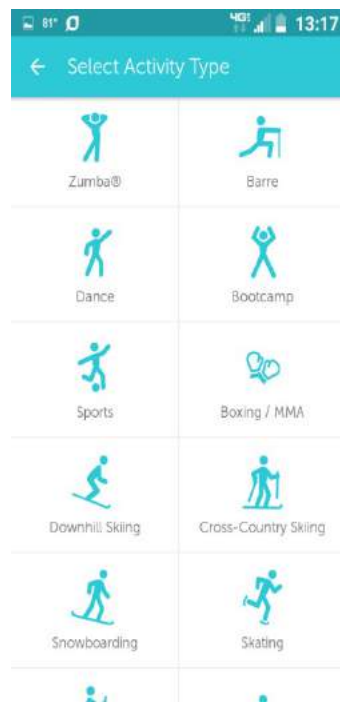
## FEATURES





# PROTECT WHAT MATTERS<sup>SM</sup>

## FEATURES







# PROTECT WHAT MATTERS<sup>SM</sup>

## FEATURES

81° 4G LTE 13:18

← Group Details

CHAT PROGRESS

**LANG RSP SSG Nappier**  
Run 30 miles per month for the next 3 months

Leaderboard

Name	Progress
Reggie Nolan	30/30 mi
Matt Nappier	11.1/30 mi
Jamica Taylor	9.03/30 mi
Jacob Thompson	6.18/30 mi
Tiyanna	5.13/30 mi
acelemi danide	3.44/30 mi

82° 4G LTE 13:27

☰ Diary

< Today >

2,770 - 0 + 0 = 2,770  
Goal Food Exercise Remaining

**New! Calorie Goals by Meal** ✕

Set a calorie goal for each meal to help you stay on track.

[Go Premium](#)

**Breakfast** 0

+ Add Food ...

**Lunch** 0

+ Add Food ...



PROTECT WHAT MATTERS<sup>SM</sup>

## CONTACT INFORMATION

STATE MFT (Jackson Barracks)

SSG Marino, Kevin 985-264-1119

[kevin.j.marino.mil@army.mil](mailto:kevin.j.marino.mil@army.mil)



**QUESTIONS?**