

DUISIANA NATIONAL GUARD PROTECT WHAT MATTERS**

Master Fitness Trainer Program (MFT)





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

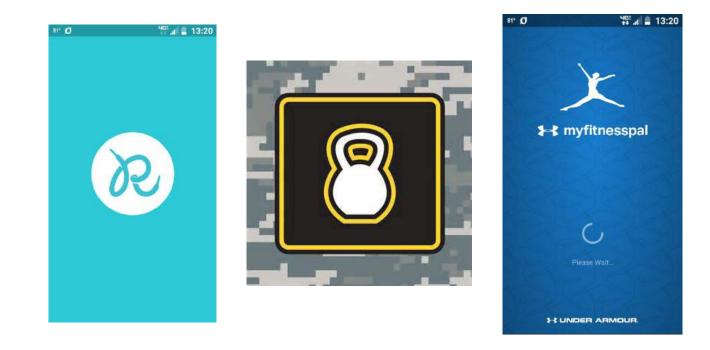


QUALIFICATIONS FOR THE MFT PROGRAM:

- 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



FITNESS APPS FOR COMMANDERS



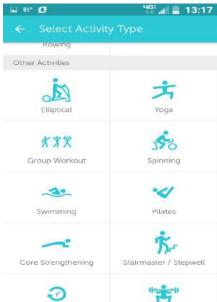


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FEATURES

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0	Matt Nappier	11.1/30 mi
(9)	Jamica Taylor	9.03/30 mi
See. 7		
	Jacob Thompson	6.18/30 mi
1	Tiyanna	5.13/30 mi
-	aselemi danide	3.44/30 mi

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PROTECT WHAT MATTERSM CONTACT INFORMATION

STATE MFT (Jackson Barracks)

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QUESTIONS?