The USAF implemented significant changes to its physical fitness program in 2004 upon the direction from General Jumper, AF Chief of Staff. Gen Jumper wanted to improve the program to be more compatible with the demands of being an expeditionary force. He made it clear that in addition to improving overall fitness levels, he wanted to change the AFs culture to include fitness as a way of life and make fitness part of every Airmans job requirement. This research project set out to explore whether or not the AF has reached its goals with the new fitness program and if not, make recommendations to improve. Information for this project came from many sources: personal interviews, informal polls, articles in numerous periodicals, unpublished papers and briefings used to obtain program approval, regulations from military branches and memorandums from Gen Jumper. Research showed that fitness levels improved from 2004 to 2005 and many units have made fitness part of their culture. But senior leadership will have to decide if the AF has done enough or if we need to continue to emphasize fitness activities. It appears that the AFs senior leadership is satisfied with the current condition of the fitness program.

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