

AMRDEC Workers Run into Fitness Program

By Randy Siniard, AMRDEC Public Affairs



LET’S GO— Members of the Aviation and Missile Research Development and Engineering Center compete in the 5K which opened AMRDEC’s Wellness and Fitness Day. *Photo by Merv Brokke*

REDSTONE ARSENAL, Ala. (Jul. 8, 2010) -- On a hot, sunny, humid July 8 morning, the silence was broken at the Col. Carroll Hudson Recreation Area with the call of “On your mark. Get set. Go!”

Then the pounding of the shoes of 200 employees, family and friends could be heard hitting the ground to begin their run or walk to the finish of the Aviation and Missile Research Development and Engineering Center’s first 5K.

The 5K Run/Walk was the official kickoff for the day’s wellness and fitness events.

“Several months ago, Dr. Robin Buckelew, director, Weapons Development and Integration Directorate, suggested we start a fitness program,” Col. Nathan Buchheit, AMRDEC chief information officer, said. “We formed an Integrated Product Team and so far have achieved fantastic results. “

When Eric Edwards became the AMRDEC director, he ensured the fitness program continued and encouraged the IPT, Buchheit said.

Runners and walkers paid a registration fee and in return they received a T-shirt and re-

freshments during and after the run.

With 200 participants, projections are that the center will be able to donate more than \$1,000 to Army Emergency Relief, according to 5K organizer Timothy Pitt.

Edwards, who was among the runners, announced the center's new fitness policy and the start of the Biggest Loser weight-loss competition. After weighing-in, Edwards told the group that he was officially in the competition.

Initially, 76 employees signed up for the Biggest Loser competition that will run from July to November. There is still time to join the competition in which losing weight, getting fit and improving overall health are the goals.

Andrea Grisham-Stewart, the center's Wellness and Fitness Day chairperson, coordinated a variety of events for the day. This included arrangements for Fox Army Health Center and Crestwood Hospital. Grisham said without their involvement and support in providing bone density scans, blood pressure checks, cholesterol testing and varicose vein screenings the day would not have been successful.

The day's final event was an awards ceremony for the top male and female finishers of the 5K. Edwards awarded AMRDEC medallions to honor the top male finishers Brad Schroeder (17:53), Jason Reneau (18:20), and DeWayne Satterfield (18:46) and the top female finishers Kathy Youngren (20:57), Nina Mills (22:51), and Shelley Sanders (24:23).

Other organizations that provided support to the Wellness and Fitness Event included the Arthritis Foundation, Alabama Organ Center, the Halo Monitoring organization, and Weight Watchers.