UNITED STATES TRANSPORTATION COMMAND (USTRANSCOM)
POLICY DIRECTIVE 90-3
23 October 2000

Command Policy

USTRANSCOM OP TEMPO AND PHYSICAL FITNESS

REFERENCE: USTRANSCOM POLICY DIRECTIVE 90-3, USTRANSCOM Op Tempo and Physical Fitness, 1 October 1997, **hereby canceled.**

A. PUROSE: To help relieve stress and support an active healthy lifestyle, each director/chief of direct reporting element is encouraged to implement an unstructured physical fitness program.

B. APPLICABILITY: All military personnel assigned to USTRANSCOM at Scott AFB, Illinois.

C. POLICY:

1. All military personnel should be afforded time to participate in physical fitness activities and pursue a healthy lifestyle. The goal is to get our soldiers, sailors, airmen, and Marines out of the office 3-4 hours a week for physical conditioning--ensuring Service physical fitness requirements are met.

2. Civilian employees are essential members of our team. Their participation in physical conditioning is also encouraged. Compensatory time, flex time, liberal leave, and director/staff calls are just a few of the ways our civilians may participate and still comply with civilian work hour directives. Questions on civilian matters should be directed to Manpower, Personnel, and Quality (TCJ1), Training and Civilian Personnel Division (TCJ1-C), 229-7095.

3. We need to manage our time to ensure all our employees, both military and civilian, lead healthy lives. I challenge each of you to develop programs that will enhance that effort.

D. EFFECTIVE DATE AND IMPLEMENTATION : This policy directive is effective immediately.

APPROVED BY

CARLOS D. PAIR
Brigadier General, U.S. Army
Chief of Staff

OPR: TCCS
Distribution: X (Electronic Publishing)