

Train for Success

Guard Your Health to launch "FitText" initiative on April 15

On April 15, Guard Your Health will launch FitText, a text messaging initiative centered on maximizing physical training (PT), preparing for the Army Physical Fitness Test (APFT), and increasing overall fitness among Army National Guard (ARNG) Soldiers and their families.

Guard Your Health, a campaign out of the Army National Guard Chief Surgeon's Office, provides ARNG Soldiers and family members with the information, motivation, and support they need to overcome challenges and make healthy decisions for themselves, their units, and their families. The campaign supports the Chief Surgeon's greater efforts to build a fit, medically ready, resilient Citizen-Soldier force, which includes increasing APFT passing rates across all units. Guard Your Health aims to provide Soldiers with the actionable tips they need to improve their APFT scores and holistic fitness through the FitText initiative.



Launching on April 15, FitText will run for 90 days throughout the months leading up to summer. The initiative aims to capture Soldiers' attention just in time to prepare for summer APFT-related activities and any personal interest they have in getting fit before the upcoming warm weather months. FitText will provide three to four text messages per week to help keep Soldiers' training on track and help them prepare for their next big milestone, whether it is an upcoming APFT, basic training, or even drill weekend. Text messages will include resources and follow-up materials to provide the information Soldiers need to get fit right at their fingertips.

Acting as a virtual drill sergeant (minus the yelling), FitText will deliver actionable tips, inspiration, and reminders straight to Soldiers' mobile devices. Content will focus on everything from physical fitness training plans, encouragement, tips for test day preparation, the importance of getting enough sleep, and nutritional guidelines. Sample text messages could include, "Quick way to kill your test score? Overtraining the week of before your APFT. During test week, do only light workouts (NO muscle-failure drills). Rest completely the day prior to the test," or "Hydration is CRITICAL before, during, and after the APFT. During breaks in the test, slowly drink small amounts of water to replenish fluids lost from sweating."

ARNG Soldiers, family members, and anyone looking to improve their overall fitness training can sign-up for FitText by texting "fit" to 703-997-6747. Standard text messaging rates apply. Learn more at GuardYourHealth.com/fit-text/.