

# “BE WELL360”

**Unsatisfactory fitness assessment?  
PT scores decreasing, or marginal?  
Having trouble improving your fitness?**

- “MORE PT” IS NOT ALWAYS THE SOLUTION
- LEARN TO TACKLE THIS PROBLEM USING A MEDICAL ASSESSMENT OF YOUR CURRENT STATE OF HEALTH
- STOP BANGING YOUR HEAD AGAINST THE WALL AND START IMPROVING YOUR PERFORMANCE!!!

**By appointment:**

**email: 7 AMDS/SGPZ HAWC  
(7amdssgpz.hawc@us.af.mil)**

**Or call: 696-4140**

