

What are Your Goals?

Weight Loss

Increasing Physical Activity

Stress Management

Sleeping Better

Improving Body Composition

Better Eating Habits

Be Tobacco Free

AWC and You!

You set the goals; the AWC staff puts you on the path to achieving them and walks the path with you. Programs are individualized to address your current needs, motivation and confidence level. Programs are FREE! From private sources this testing would cost about \$3,000.



Our Location

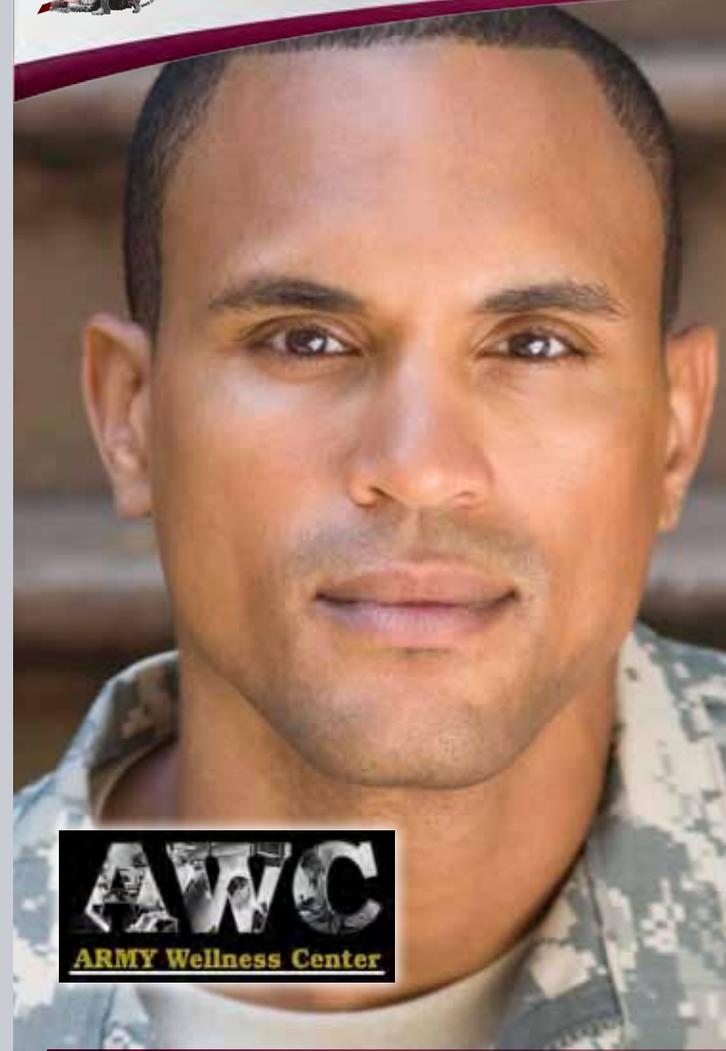
31st Street & Old Ironsides
Bldg. 12019, Suite 100
(on the Comprehensive Soldier Fitness Campus)
Fort Hood, Texas 76544

Hours of Operation

Monday - Friday; 7:30 a.m. - 4:30 p.m.
(Closed on Federal Holidays)

To schedule an appointment
Call 254-288-8488

*We look forward to serving you soon,
so make your appointment today!*



Army Wellness Center

DARNALL
ARMY MEDICAL CENTER



Army Wellness Center

Army Wellness Centers promote enhanced and sustained healthy lifestyles to improve the overall well-being of Soldiers, Retirees, Family Members, and DoD Civilians through integrated and standardized programs and services.

They are staffed by nurse and health educators who deliver primary prevention programs.



So how can you be seen at the AWC?

- Referral from a medical provider
- Referral from a Unit Commander
- Self-referral/Walk-in

The AWC approach is holistic, taking into account an individual's physical, psychological, and social circumstances when providing services. This is captured among the Six Core Programs offered here at the Fort Hood AWC.

AWC Core Programs



Health Assessment Review

Consists of an analysis of a person's health status, risk for disease, and ability to increase physical activity safely.

Physical Fitness

Using state-of-the-art equipment, an individual's physical fitness level is assessed and used to create an individualized exercise prescription. The assessment includes strength, flexibility, sub-maximal VO2 Max testing for cardiorespiratory fitness, and body composition (to determine body fat vs. fat-free mass).

Healthy Nutrition

Use of metabolic testing that synchronizes an individual's resting metabolic rate to provide tailored strategies for weight loss, gain, or maintenance.



Stress Management

Includes education in biofeedback, stress relief techniques, and positive coping skills.

General Wellness

Includes classes on topics such as effective sleep habits, healthy lifestyles, increased resiliency, and preventing chronic disease through healthy living habits.

Tobacco Education

Provides tobacco education to prevent the initiation of tobacco use, screen for tobacco use as well as an individual's readiness to change, and refers tobacco users to the appropriate service for tobacco cessation and follow-up.