MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Army Directive 2021-03, Army Civilian Fitness and Health Promotion Program

1. Reference Army Regulation 600-63, Health Promotion, 14 April 2015

2. This memorandum provides the approved Army Directive 2021-3, Army Civilian Fitness and Health Promotion Program. (Attachment)

3. The approved directive revises policy for the Department of the Army Civilian Fitness and Health Promotion Program. The goal of the program is to enhance the health, fitness, and quality of life of Department of the Army Civilians while increasing organizational wellness and mission productivity. Evidence indicates that employees afforded an opportunity to participate in fitness and health promotion programs experience increased readiness and resiliency, enhanced morale, increased productivity, reduced sick leave use, and increased job and life satisfaction.

4. Senior leaders have the discretionary authority to implement and administer a fitness and health promotion program in their respective organizations. Commands and organizations shall ensure that all applicable collective bargaining obligations are met prior to implementing any provisions of this directive.

5. Points of contact for this guidance are Ms. Constance Ray, of my office, constance.b.ray2.civ@mail.mil, 703-344-8047, and for labor relation matters, Ms. Donna Briggs, AG-1(CP), donna.m.briggs8.civ@mail.mil, 757-581-0799.

DR. TODD A. FORE, SES
Deputy Assistant Secretary of the Army Civilian Personnel
SAMR-CP
SUBJECT: Army Directive 2021-03 Army Civilian Fitness and Health Promotion Program

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