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U.S. ARMY MANEUVER SUPPORT CENTER OF EXCELLENCE FT. LEONARD WOOD, MISSOURI



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**FOR IMMEDIATE RELEASE**

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## **Fort Leonard Wood strives to be the healthiest Army installation, holds community health fair**

**FORT LEONARD WOOD, Mo.** – General Leonard Wood Army Community Hospital plans to host a Healthy Community 2013 Wellness Fair and Volksmarch from 9 a.m. to 3 p.m. Feb. 26 at Nutter Field House.

The purpose of the fair and Volksmarch, a 5K walk or run that will last throughout the day, is to provide the Fort Leonard Wood community with resources to begin and sustain a healthy lifestyle.

The vision for Fort Leonard Wood is to be the healthiest installation in the Army, Col. Marie Dominguez, General Leonard Wood Army Community Hospital commander, said.

“When you look at health trends, we don’t just have an Army problem, and it’s not only an American problem, it is a cultural problem across the globe,” Dominguez said.

(more)

“We intend to do our part here at Fort Leonard Wood to make the resources available for Soldiers and our total Army family to be healthier. Our goal is to set up our beneficiaries for success through improved health promotion and access to healthy activities throughout 2013.”

The Healthy Community 2013 program focuses on improving activity and exercise levels, nutrition, sleep, smoking cessation, and weight loss, she said.

The good news is that even small changes in lifestyle can lead to significant improvement in health, Dominguez said.

The Wellness Fair is scheduled to offer hands-on demonstrations including Couch Potato Olympics, running shoe advice, cooking and fitness demos by Family, Morale, Welfare and Recreation, hand hygiene, activities to enhance memory, along with wellness screenings, such as Body Mass Index, Bruce Russell, the hospital’s Preventive Medicine Division administration officer, said.

The 5K Volksmarch will begin at 9 a.m. from Nutter Field House and will run continuously throughout the day, which will allow participants to walk or run during a time that best fits their schedule, Russell said.

The Wellness Fair and Volksmarch are open to the public.

### *About Fort Leonard Wood*

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*Fort Leonard Wood is a thriving and prosperous installation that has evolved from a small basic training post 70 years ago to a premier Army Center of Excellence that trains 80-90,000 military and civilians each year.*

*Home to the Maneuver Support Center of Excellence, Fort Leonard Wood now trains and educates service members and develops doctrine and capabilities for the Training and Doctrine Command's U.S. Army Chemical, Biological, Radiological, and Nuclear School, U.S. Army Engineer School, and U.S. Army Military Police School, three gender integrated Initial Military Training brigades, one of only five reception stations in the Army, and the Army's largest Non Commissioned Officers Academy.*

*Over the past several years, Fort Leonard Wood has received numerous additional responsibilities to include supporting the 4th Maneuver Enhancement Brigade, a large Forces Command unit that is responsible for all deployable capabilities at Fort Leonard Wood. A colonel-commanded Marine Corps Detachment and an Air Force Detachment, which are both the largest on any Army installation, are located on Fort Leonard Wood; a large Navy Seabee Detachment and elements of the Coast Guard train here as well.*

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