

**Brig. Gen. Torrence Saxe**

*Commissioner & Adjutant General*

[www.DMVA.Alaska.Gov](http://www.DMVA.Alaska.Gov)



**Alaska National Guard**

*Department of Military  
and Veterans Affairs*

Joint Base Elmendorf-Richardson, Alaska

**STATE OF ALASKA**

**PRESS RELEASE**

**FOR IMMEDIATE RELEASE**

019-073

**July 25, 2019**

By Pvt. Grace Nechanicky

*Joint Force Headquarters*

## **Alaska Guardsmen participate in Master Fitness Trainer Course**

Guardsmen and their active duty counterparts train to be Master Fitness Trainers

**JOINT BASE ELMENDORF-RICHARDSON, Alaska** — Twenty Alaska Army National Guard and active duty U.S. Army Soldiers are participating in the Master Fitness Trainer Course that was offered here by instructors from Fort Benning, Georgia starting July 14, 2019.

The purpose of the MFT program is to train Soldiers in strength and resistance programs, enabling them to then train the Soldiers within their units.

Every unit has an MFT, who is the individual responsible for planning and executing the physical readiness training for the unit. Trainers are required to complete this course in order to be fully qualified to train and design exercises for Soldiers in their units.

“All of our training has some form of progression so we’re following our big four principles: specificity, overload, progression and variation,” said Staff Sgt. Mark White, Master Fitness Trainer Course NCOIC, “We’re trying to program an overload at a progressive level that can meet their specific demands and that can give them enough variables so that they’re going to continue making training.”

According to White, the purpose of the MFT program is to ensure Soldiers stay physically fit and healthy overall. The program participants not only learn about how to exercise more effectively and efficiently, but they learn how to build on top of base principles and teach other Soldiers to do the same.

“We’re talking about training Soldiers to progress throughout their career and maintain a high level of physical fitness, for a 20-year career,” he said.

Soldiers in the course also learned about nutritional information, rehabilitation and conditioning.

Before the “hands-on” portion with the instructors from Fort Benning, Soldiers completed a two-week distance learning portion of the course.

The course is two weeks long and will wrap up July 28.

- more -

“States that are supporting this program are doing phenomenal work,” said White, “The MFTs we see that have been helping out Soldiers on individual levels, as well as unit levels, have been making great progress.”

#### PHOTOS

1. **DVIDS link** includes story and selected full-resolution photos. (Primarily for media, DVIDS is accessible from .mil computers.) <https://www.dvidshub.net/news/333076/alaska-guardsmen-participate-master-fitness-trainer-course>



Alaska Army National Guard Sgt. Edil Aviles (left) and Staff Sgt. Carlos Otero (right), both from the 49th Missile Defense Battalion, practice physical fitness training at Buckner Fitness Center on Joint Base Elmendorf-Richardson as part of the Master Fitness Trainer Course July 24, 2019. The MFTC trains selected Soldiers in all aspects of the Army's Physical Readiness Training system. Once qualified, the trainers advise Soldiers on physical readiness issues and monitor unit and individual physical readiness programs. (U.S. Army National Guard photo by Pvt. Grace Nechanicky/Released)



Alaska Army National Guard 1st Sgt. Curtis Stull, Joint Force Headquarters, practices physical fitness training at Buckner Fitness Center on Joint Base Elmendorf-Richardson as part of the Master Fitness Trainer Course July 24, 2019. The MFTC trains selected Soldiers in all aspects of the Army's Physical Readiness Training system. Once qualified, the trainers advise Soldiers on physical readiness issues and monitor unit and individual physical readiness programs. (U.S. Army National Guard photo by Pvt. Grace Nechanicky/Released)



U.S. Army Staff Sgt. Andrew Estabrook (left), 2nd Brigade, 377th Parachute Field Artillery Regiment, and Alaska Army National Guard 2nd Lt. Innocent Bennett (right), 297th Infantry Battalion, practice physical fitness training at Buckner Fitness Center on Joint Base Elmendorf-Richardson as part of the Master Fitness Trainer Course July 24, 2019. The MFTC trains selected Soldiers in all aspects of the Army's Physical Readiness Training system. Once qualified, the trainers advise Soldiers on physical readiness issues and monitor unit and individual physical readiness programs. (U.S. Army National Guard photo by Pvt. Grace Nechanicky/Released)