

# The way I see it

By Jim Koenig

"Physical Training"



I went for my annual check up the other day out at the 97th General Hospital and the doctor said I was in excellent shape for a man of 45. The problem is, I just turned 36 years old.

Seriously though, I recently overheard two brigade soldiers talking about physical training. The tall male soldier said, "Why does a radio operator have to be in top shape?" The other shook her head and commented, "yeah, it doesn't make a lot of sense does it?"

### Abundance of PT

Yes, the 22nd Signal Brigade does an abundance of P.T., and combat is the reason. "The most successful military units in our own history," Secretary of the Army John O. Marsh recently said, "were those whose soldiers were physically capable of conducting forced marches to get to the battlefield and still had sufficient physical reserves to successfully engage the enemy".

Secretary Marsh and Army Chief of Staff, Gen. E. C. Meyer has named 1982 as Army Physical Fitness Year. The Army has set goals to increase stamina and improve health, which will develop greater discipline.

### Why?

But still you ask, why does a signaleer or cook, mechanic or clerk have to be in terrific shape? During the next war don't expect to sit around a hillside and take it easy. We will be constantly on the move. Long hours and little rest will be the order of the day. And yes, we can expect to engage a battalion of hard-core enemy paratroopers that could possibly "drop" in on us to disrupt our communications.

Physical training is a must if we are to stay combat ready. It could decide our fate and the fate of our country.

## 17th soldiers talk about physical training

By Nelson Kelley

Did you know the Army is putting more emphasis on being physically fit? This year is being played up as the year for the physically fit in the military.

According to the rules a young male only has to do 40 pushups, 40 situps and run two miles to pass the test.

Some people think it's a bit lenient so we asked a few soldiers in the 17th Signal Battalion how they felt about the big push on being and staying in shape.

"Most soldiers in the Army are not physically fit", said Sgt. Dean

Huntington, HHC, 17th Sig. Huntington went on to say, "but it doesn't mean that they are in bad health or ill".

Sp4. Clarence Sinclair, Charlie Company, 17th said he thinks it's a good idea to keep yourself in good shape and added jokingly, "I play basketball and never miss morning P.T."

Sp4. Raymond Myers said he believed participation in brigade sports was important and more days on the training schedule for fitness should be given at the company level. (Sp4. Kelley is a stringer for 17th Signal).