



TECHNICAL REPORT

WARRIOR FITNESS TRAINING PROGRAM FOLLOW UP

PHASE 1: FITNESS AND HEALTH BEHAVIOURS

CANADIAN FORCES
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HUMAN PERFORMANCE RESEARCH AND DEVELOPMENT

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Warrior Fitness Training Program Follow-Up

Phase 1 Technical Report: Fitness and health behaviours.

Executive Summary

The objective of this report is to present results of a 5-year follow up study examining health behaviours and fitness results of Warrior Fitness Training (WFT) Program graduates. The fitness test results and health behaviours of WFT graduates were assessed by means of a self-administered paper questionnaire in the spring/summer of 2012. Of the 1160 WFT graduates in the targeted period, 893 could be located and received an invitation to participate in the survey. 187 participants returned their surveys for an effective participation rate of 21%. Of the 103 respondents who reported having performed their CF EXPRES in the 12 months preceding the study, 94 reported having successfully passed it. For the BFT, 95 of the 96 respondents who attempted this test reported successfully completing it. Cross-tabulation analyses showed no statistically significant difference between these results and those of the general CAF population ($\chi^2:0.199$; $p:0.656$). The most popular physical activity reported was walking, with nearly 60% of respondents reporting engaging in walking at least once per week. The next most frequently reported physical activities were jogging and weight training, with nearly 40% and 37% respectively performing them at least 3 times per week. The mean BMI of males in the sample of respondents was 30.4 (SD:9.2), placing them just in the “obese” category. The mean for females was 27.0 (SD:6.1) which falls in the “overweight” category. Over and above being operationally fit (i.e., passing their CF EXPRES or BFT) attaining and maintaining a healthy weight may require dietary modifications for these individuals.

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The authors wish to acknowledge the contribution of Dr Jennifer Lee (Directorate of Force Health Protection), who assisted in protocol design.

Aim

The objective of this report is to present results of a 5-year follow up study examining health behaviours and fitness results of Warrior Fitness Training Program graduates.

Highlights of results

Despite high body weights, WFT Graduates are generally active and show similar CF EXPRES and BFT fitness test results to the general CAF Population.

Background

Since October of 2006, Canadian Forces Leadership and Recruit School (CFLRS) recruits who do not pass minimal physical fitness requirements (MPFS) for entry into Canadian Armed Forces (CAF) Basic Military Qualification (BMQ) are diverted to the Warrior Fitness Training (WFT)¹ program at CFLRS St-Jean. The program consists of three 30-day phases of training including 2 Physical Training (PT) sessions per day (1 hour per session), as well as courses on training theory, health behaviours (e.g., active living, smoking cessation, healthy eating, stress management) and some basic military instruction briefings. Meals are monitored by military personnel to ensure healthy nutrition throughout the program. At regular intervals throughout the program, candidates have the opportunity to challenge the MPFS, assessed via the Canadian Forces Exercise Prescription Program Evaluation (CF EXPRES). Successful candidates are returned to the BMQ program whereas those who do not pass the CF EXPRES continue into the next phase of WFT. Those who are unsuccessful in passing the CF EXPRES after the allotted 90 days are eventually released from the CAF. Overall, this program has been successful in yielding over 1300 graduates of basic training who would have previously been turned away at the Recruiting Centre based on scoring less than the MPFS criteria.

Despite an encouraging success rate in producing successful basic trainees, questions remain regarding the long-term effects of this intensive and, at times, restrictive health and fitness program. Specifically, questions have arisen as to whether graduates of the WFT program remain engaged in the active lifestyle and healthy eating habits which are required during this program or whether they fall back into less healthy patterns as they exit basic training and regain more freedom to make their own lifestyle choices. Of further interest are the graduates' subjective ratings of mastery, hardiness, and affect. These personality characteristics have been associated with healthy lifestyle and are believed to contribute to the maintenance of positive health behaviours (Wilcox et al, 2003). Thus, differences in these factors between-groups or over time may lend further support to the long-term positive impact of the program.

1. Though the program was originally known as the Recruit Fitness Training Program, it was renamed the Warrior Fitness Training Program and this newer term will be used throughout this report. Participant comments in the appendices were left as they were written.

Specific questions posed to the Human Performance Research and Development cell by Chief of Military Personnel and Director General Military Personnel pertained to the “cost effectiveness” of this program. In the current context of budgetary realignments within the Department of National Defence, combined with lower recruiting targets, the very existence of a program which aims to retain unfit individuals at the start of their career is continuously called into question.

Research Question

The primary purpose of this investigation was to assess health/fitness behaviors as well as psychological predictors in WFT graduates, and compare them to both the general CAF population and to the answers they provided to the same questions upon entry to the CAF.

This information will serve to inform CFLRS Leadership, Personnel Support Program management as well as various stakeholders within the Chief of Military Personnel organization as to the long-term outcomes and effectiveness of the WFT program.

Methods

The fitness test results and health behaviours of WFT graduates were assessed by means of a self-administered paper questionnaire in the spring/summer of 2012. Surveys were mailed to the work addresses of all currently serving CAF Personnel who graduated from the WFT program between Oct 2006 and Oct 2011. This study obtained ethical approval from Defence Research and Development Canada’s Human Research Ethics Committee. Though anonymity was guaranteed for survey responses, participants were asked to provide their service numbers to allow for comparisons to their previous responses to similar questions. The key document linking service numbers to survey responses was classified as Protected B and encrypted using PKI technology.

Measures

1. Occupational fitness was assessed by either the results on the CF EXPRES or on the Land Forces Command Physical Fitness Standard (LFCPFS) Evaluation.
2. Health related fitness was assessed by the Body Mass Index (BMI) derived from self-reports of height and weight.
3. Lifestyle was assessed using questions from the Canadian Community Health Survey (as these questions also appear in the Canadian Forces Healthy Lifestyle Information Survey and in the Canadian Forces Recruit Health [RHQ] Questionnaire). Questions pertained to:
 - Physical activity involvement including frequency, and mode of activity.
 - Dietary habits including fruit and vegetable intake as well as other indicators as contained in the Canada Food Guide.
4. Psychological variables were assessed by means of short surveys drawn from the following validated inventories (as per the RHQ):

- Positive & Negative Affect Scales (PANAS; Watson, Clark & Tellegan, 1988)
- Bartone’s Hardiness Scale (Bartone, 1999)
- The Mastery scale (drawn from the Canadian Community Health Survey [CCHS]; Statistics Canada, 2001, 2008)

Analyses

Responses relating to fitness test scores, health behaviours and select psychological states were analysed in terms of frequencies and distributions. These results were then compared to two different sources of data. Firstly, fitness test pass rates were compared to those of the general CAF population. Subsequently their responses were compared to those they gave to identical questions in the Recruit Health Questionnaire upon arrival at CFLRS (as an indication of their health and lifestyle prior to enrolment). In the context of this Phase 1 report, only results pertaining to fitness scores and health behaviours will be addressed. Psychological states and comparisons to the RHQ will be presented in a forthcoming Phase 2 report.

Results

Of the 1160 WFT graduates in the targeted period (list provided by CFLRS), 893 could be located and received an invitation to participate in the survey. 187 participants returned their surveys for an effective participation rate of 21%.

Demographics of respondents

Figures 1a-1c show basic demographic information on the respondents, compared to the overall population of WFT graduates between 2006-2011.

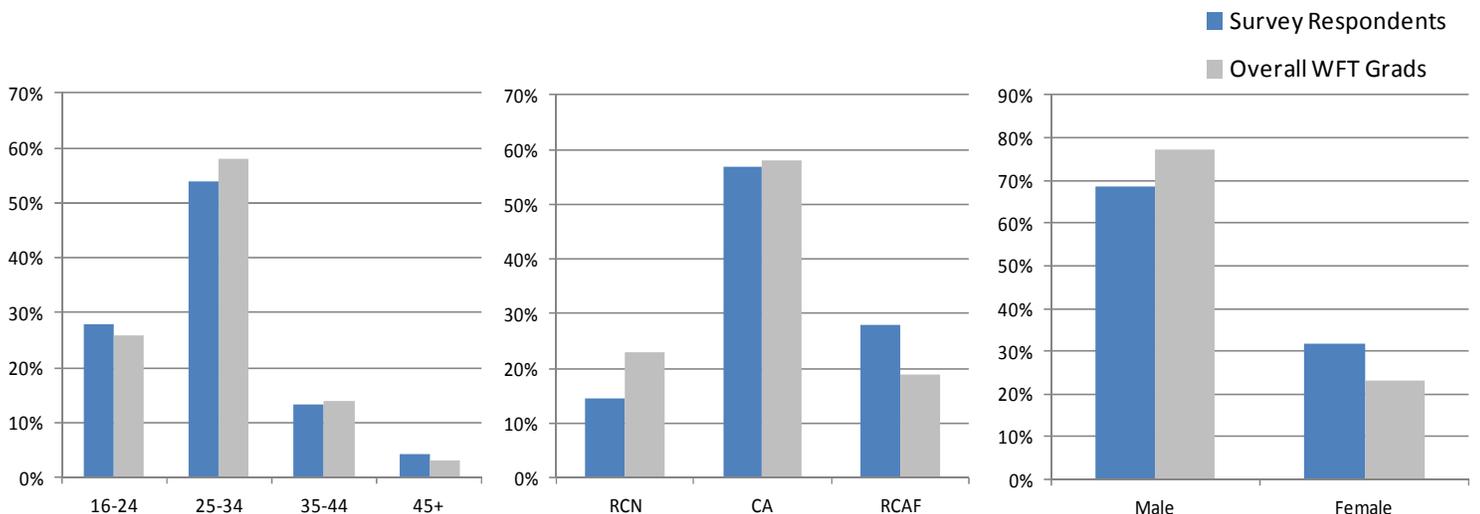


Figure 1a: Age distribution of respondents

Figure 1b: Environment distribution of respondents

Figure 1c: Environment distribution of respondents

Fitness test scores

Of the 187 participants who reported having performed a fitness test the past 12 months preceding the study, 91 performed the CF EXPRES test and 84 performed the Land Forces Command Physical Fitness Standard (aka, the Battle Fitness Test, BFT). In addition, 12 participants reported having performed both tests.

Of the 103 respondents who reported having performed their CF EXPRES in the 12 months preceding the study, 94 reported having successfully passed it yielding a 91.3% pass rate (Figure 2). For the BFT, 95 of the 96 respondents who attempted this test reported successfully completing it (99.0% pass rate). Cross-tabulation analyses showed no statistically significant difference between these results and those of the general CAF population ($\chi^2:0.199$; $p:0.656$).

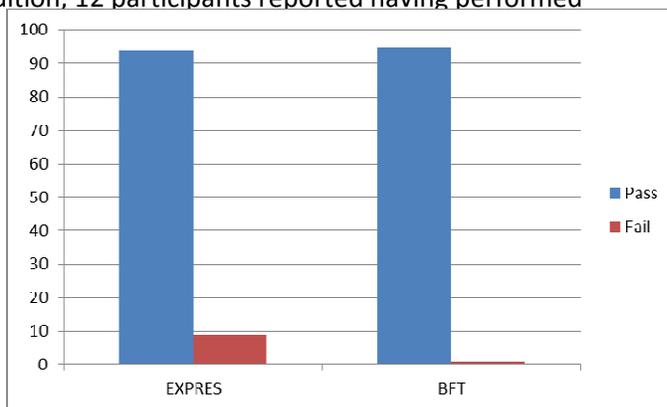


Figure 2: Reported pass rates of respondents on the CF EXPRES and BFT fitness evaluations

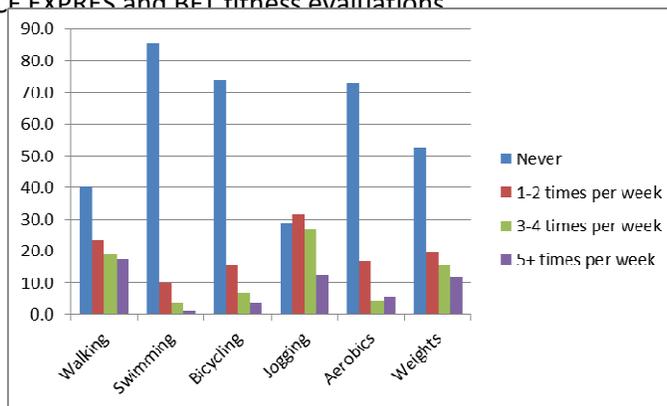


Figure 3: Frequencies of most popular physical activities.

Health behaviours and indicators

In terms of health behaviours, frequency of physical activity as well as behavioural nutrition were assessed.

By far, the most popular physical activity reported was walking, with nearly 60% of respondents reporting engaging in walking at least once per week. The next most frequently reported physical activities were jogging and weight training, with nearly 40% and 37% respectively performing them at least 3 times per week (Figure 3).

In terms of nutrition, approximately 29% of respondents reported consuming at least 5 servings of fruit and vegetables per day. This falls well below the general Canadian population, where 43% of respondents to a national survey reported consuming at least 5 servings of fruit and vegetables per day (Statistics Canada, 2011).

Notwithstanding their behavior, a majority of the WFT graduates believe that government guidelines recommend consuming 6 or more servings of fruit and vegetables per day (Figure 4).

The mean BMI of males in the sample of respondents was 30.4 (SD:9.2), placing them just in the “obese” category. The mean for females was 27.0 (SD:6.1) which falls in the “overweight” category. Figure 5 shows the distribution of BMI scores for males and females.

Discussion

This report presented data on the fitness test results and health behaviours of WFT graduates. Where possible, comparisons were made either to the general CAF population or to the Canadian population.

Looking first at fitness scores as an indication of operational readiness, the fact that WFT graduates have statistically similar pass rates to those of the general CAF population is an encouraging result. It is important to consider that effectively 0% of these individuals could attain the CAF’s minimal physical fitness standard upon entering BMQ. See Appendix B for a sample of narrative comments on the transitions individuals experienced as a result of their experience in WFT.

In terms of consumption of fruit and vegetables, there appears to be a discrepancy between beliefs regarding guidelines and actual consumption. Figure 4 suggests that many respondents are well aware that their fruit and vegetable intake falls below national guidelines. Further studies examining individual and contextual determinants of healthy eating may be warranted to better understand this situation.

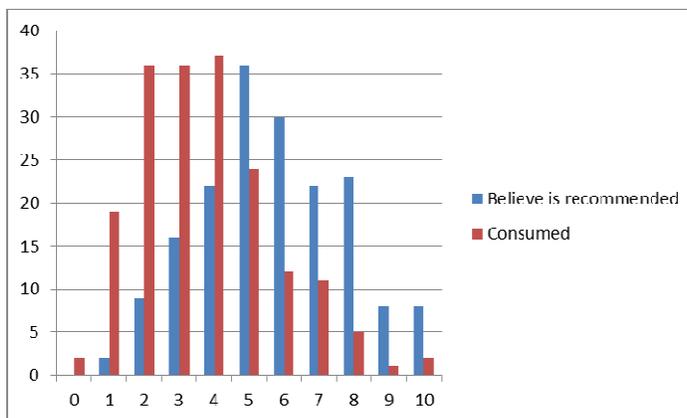


Figure 4: Fruit and vegetable intake: Beliefs vs consumption.

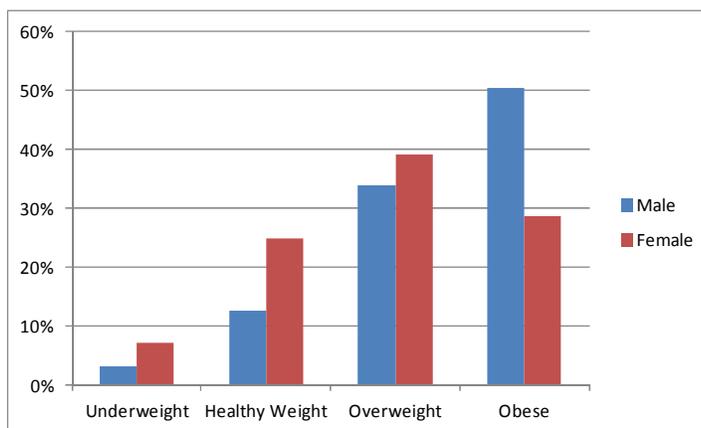


Figure 5: Body Mass Index classifications of males and females

Given that only 13% of males and 25% of females have a BMI which would be classified as healthy, there is a need to further explore this finding. It is important to consider that nearly half the respondent do report regularly performing resistance training exercises. This may be contributing to a higher mass in relation to their height, without necessarily representing an unhealthy state. In addition, the use of self-reported height and weight is not ideal, and direct measures should be considered prior to drawing any major conclusions from this finding. .

Limitations

This study includes some acknowledged limitations particularly those generally associated with a modest response rate and self-reporting in general. Though the 21% response rate was not ideal, it is also not surprising with this population. Early in their careers, CAF personnel are often more transient and therefore more difficult to reach by mail. Given that the age, gender and environment distribution of respondents do reflect the overall graduates of the WFT program, the sample can be considered small but representative. (Figure 1).

Conclusions

The WFT program, through its various iterations since October 2006, has proven effective in producing basic trainees who would have previously been refused entry into the CAF at the recruiting centre. Furthermore, once these WFT graduates leave BMQ and regain more control over their lifestyles, they appear sufficiently engaged in the behaviour changes to remain as fit as the general CAF population. Over and above being operationally fit (i.e., passing their CF EXPRES or BFT) attaining and maintaining a healthy weight may require dietary modifications. An increased consumption of fruits and vegetables should be explored as a means of achieving this.

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Appendix A: Survey

Appendix B: Narrative comments from WFT Graduates

<p>The program was fantastic and helped me build on a healthier lifestyle. I went from a 2.0 on the beep test to a 5.5. Thank you</p>
<p>A good program. I had already passed BMQ when entering the program and had been unable to pass the push ups due to a wrist injury. I learned a lot about physical training and left the program in much better physical shape than I had entered.</p>
<p>WFT was very beneficial to me. I learned a great deal from the time I spent there and came out in the best shape of my life. My only issue with the program is that you shouldn't have to wait so long to be tested after the initial fail. Some people require more time than others and so people were maybe just having an off day. Excellent program! Wish I had the time to spend a few weeks there again.</p>
<p>I found the program very helpful. WFT can be very hard on the body at first, but pays off in the end.</p>
<p>The RFT program help me understand how to train, what to eat and how to eat to keep a good fitness level. The only issue I had with RFT was that being older I was expected to perform at the same level as a 20 year old. Otherwise, RFT was an excellent program.</p>
<p>It was wonderful to have an opportunity to participate in the program. However, I sometimes feel that it set up its members for failure, in a sense that you get out of there in great shape, continue BMQ and then those habits of working out 2x/day don't follow you. Work/life kick in, making it extremely difficult to work out once let alone twice to maintain your shape. Perhaps more to teach participants to maintain their fitness level should be done, taking into consideration realistic CF day to day workings.</p>
<p>In my experience, the warrior fitness program should be an option for everyone. The stigma attached to the program is unfounded. I think this program is essential in success. I loved the program.</p>
<p>RFT was an exceptional experience. I did not properly apply myself prior to enrolment and it was my second chance. Some people are not meant for the program and therefore became unsuccessful. The program was what you put into it. Though my fitness slipped recently due to giving birth, RFT gave me the skills and determination to know I will return to the high level of fitness required within the CF.</p>
<p>Awesome program! Needs more information on plate portion and daily needs for your age and body type. The "diet" set out isn't best for everyone, it should be assigned as an individual not</p>

<p>a group, also there should be “hormone” blood test done initially.</p>
<p>I feel that Warrior fitness is one of the best if not the <u>best</u> programs within the CF, if it was not for the program I wouldn't be the proud and healthy individual I am today!</p>
<p>I have no comments to really add, the fitness program in basic including warrior was very good, except sometimes PSP were like recruit instructors, which was unsat.</p>
<p>I feel that my experience (2 months) in the RFT program better prepared me for when I finally made it to “BMQ”. It taught me not to quit. I had a bigger bond with the people I went through RFT with, than those I was on platoon with. Both the military staff and civilian/PSP staff were extremely inspirational and motivating. PO2 Lauzier, PO2 Cormier, Mbdr Berube (Sgt now), Mr. Belanger (PSP). It is in great part, because of them that I've made it this far. I am about to take part in the Basic Fitness Training Assistant Course.</p>
<p>Recruit Fitness Training was one of the most physically demanding and satisfying experiences I had during basic. It proved that I was capable of things I had never previously expected to be capable of doing. Though at times I still feel like the obese entrant, I am quite thankful for the program and the physical transformation that resulted from it. I just wish the mental transformation was as lasting.</p>
<p>A worthwhile program that has shown me how important fitness is.</p>
<p>Ce programme m'a beaucoup aidé physiquement. Les cours de nutrition étaient très intéressant. Le programme m'a aussi aidé à me surpasser dans mes entraînements.</p>
<p>La meilleure chose qui me soit arrivé est d'avoir suivi ce cours.</p>
<p>Within 2 weeks, the instructors on WFT took me from a 3.5 on the beep test to a 7, and the 9.5 by the end of my BMQ. While they pushed us hard with the 2-a-days, it really paid off. I am now more fit than ever, and even got a jump course.</p>
<p>When I arrived at basic I wasn't in the best shape but wanted to make myself and my family proud. I didn't pass the shuttle run by a slim margin but passed the other sections of the test. RFT enable me to re-try the express test (after required training time) and I did well. I really enjoy my career in the CF, maintain good physical fitness and appreciate the opportunity RFT gave me to excel. I worked hard and am now at a unit and excelling. This program should be offered to people who try on their test and aren't totally lazy slobbs abusing the system.</p>
<p>I feel that the WFT program was beneficial for me as it focused on physical training, which was a weak point for me.</p>
<p>I am very appreciative of my time in RFT/WFT. If it wasn't for the program I would not have been given the chance to better my physical fitness and then become a member in the CF. At this moment I am being nominated for service person of the Quarter and soon my Advanced</p>

<p>Corporals. So again I was proud to go through the program.</p>
<p>I am thankful that I had the opportunity to take part in Warrior Training.</p>
<p>I completed 2 ultra marathons, 63.5 km 1st time 13 h 04 min, 2nd time 11 h 39 min. I did this because of the MCpl who was in charge of my group when in WFT platoon.</p>
<p>I was in warrior platoon before it was called that. To be honest I find the name a little demeaning. It's bad enough having to be there. I suppose the ridicule was a large part of the motivation. I was only on WP for a month. I had a great time and really learned how to push myself. I went from a fail of my run to a 6 and doubled my pushups. I would have rather taken the path that I did rather than squeaking by on platoon. For me looking back I wished there was more focus on the long runs. My Pt test improved drastically but I was still at the back of the platoon on the run. Overall a great experience. Changed my life.</p>
<p>The warrior fitness plan was great. It greatly increased physical training & healthy habits. Did not help past the program. Physical training greatly decreased after warrior fitness program, making it very easy to fall back into the previous bad physical shape and habits. Attitude towards personnel in warrior fitness program very negative. Instructors of the program very knowledgeable and helpful. Minus the negativity toward person on warrior, was a big morale building once passed the program. All and all a great program. Needs to be changed to assist personnel after program.</p>
<p>I was placed on the WFT Program in Feb 2009 when I failed the run on my CF EXPRES. I spent a total of 7 weeks on the program before I fully passed my EXPRES and went to platoon. I felt the program was excellent and completely aimed towards making those successful in obtaining the required fitness levels. I went on platoon in April 2009 and in week 5 broke my foot while doing the confidence course. After 10 weeks in PAT Platoon and fully healed I went to WFT to get "back into shape" to go back to platoon. I went back in Sept 2010 and got exempt from my CF EXPRES in week 8. I graduated in Feb 2010. Now I am fully trained medic in Greenwood, and have passed every CF EXPRES test, and BFT. I think the WFT program is excellent and I wouldn't be where I am today without the support & motivation from the WFT military staff & PSP.</p>
<p>Recruit Fitness Training was a very valuable experience for me. The lessons learned in nutrition and the experience gained with lifting weights have made a big difference in my life.</p>
<p>When I arrived in St. Jean in Sep 08, I did my EXPRES test within the first week. I was unable to do the required number of push ups. At the time, as long as you passed the run, and didn't fail more than one other component, you remained with the platoon. A couple of days later, the standard had changed and I was put on RFT. Although I was concerned at first about being away from my family even longer than the 13 weeks, I welcomed the opportunity to get stronger and healthier during the period of time on RFT. Two weeks into this new challenge, the standard changed back and I was returned to the platoon to carry on with BMQ. Honestly I was nervous leaving RFT, fearing I wouldn't be ready for the physical aspects of being back on a platoon. I definitely attribute my success on BMQ to those first two weeks on RFT. I t was a</p>

great jump start to eating right and getting in shape.
I feel family members should be more involved
Good program for what it is designed to do.
Happiness in my job is quite irrelevant to what RFT did for me. As much as I didn't want to leave platoon, RFT was two of the best weeks I had in the CF. It gave (the ppl) the motivation I needed to pass BMQ as well as the strength. Program and staff was amazing. I still remember Ramsay (MS)! For ppl that don't abuse it, it's a great program and many ppl wouldn't have the career they have today without it.
I <u>loved</u> the warrior program. I am not an athlete and I had to work <u>very</u> hard to get results. You work your ass off and you will produce results. I found the staff tough but always willing to teach you and take the time to make you fit. Warrior gave me an opportunity to see the military culture and get familiar with it as well as choosing to eat properly. I learned so much on the program and I am not a young person. I was able to go from 1 push up to 8 in only 3 wks. I had never run before and now I enjoy it, even though I am still very slow. I even appreciated the PSP staff while on platoon, especially helping me with the obstacle course. I would be saddened to see this program go. It's true it does work and my continued effort does pay off. (I did my EXPRES test in Nov and did 18 push-ups. Feel free to contact me.
Medical issues forced me to stop/slow my training. At this point I began a sedentary lifestyle which took me a long time to break out of. The program gave me the knowledge to get back into the swing of things and to help improve myself again. I feel the program was beneficial to me to give me the knowledge base required. Loved the program.
It was an excellent program with many benefits. Program should be rolled out to many units nationwide.
The Warrior Fitness Training Program was an excellent program to be a part of. Since leaving BMQ, I have gained back my weight (some of) and my fitness has slightly declined. This is mainly due to the artificial constructs of the program and Basic Military Qualification in general. My personal opinion is that the Warrior Fitness Training Program was an exceptional program to be a part of, but it did not prepare me for continuing fitness after basic. If you have any further questions or would like more information, please do not hesitate to ask.
Warrior Fitness was the best thing that could have happened to me. It got me prepared for basic and made it easier to go through.
WFT saved my life. They took an inactive 285 lbs man and turned him into a strong 235 lbs man. Although I have put back some of the weight, the lessons I learned keep me active and able to hold my own in the CF. I would be honoured to have the opportunity to teach at the Recruit School and be assigned to WFT, just to show the recruits that it can be done!

I found the PSP staff in the Warrior Fitness Program were great for their knowledge and ability to help progress a healthy lifestyle. I found the opposite to be true about the PSP staff in CFB Kingston. As regular working hours for students and PSP staff are the same. You are not able to tap the resource that is the PSP for workout programs or healthy lifestyles. Personally, I have found this to discourage other pat's from pursuing the healthy lifestyle mentality. Also the mess food doesn't have very many healthy choices. For anyone trying to get a proper diet while working out/exercise, thus discouraging them not seeing results. Most of which give up and become unhealthy.

The RFT is a great program to help the ones determined to try and stay in the forces who have strong feelings of proving themselves worthy for the Canadian Forces. It provides a helping hand to achieve their goals.

I found the RFT program itself was very good and beneficial to members who stuck it out (showing commitment) and to the CF. On many levels we learned (better than most) to totally commit to tasks/obligations as well as to members as a whole. We all shared, experienced, and stayed the course "together" and when we eventually were placed in the regular training programs we remained loyal when others felt we shouldn't be there or gave us grief. It was quite a shock to find the regular training program allowed "schisms" and "clicks" to exist within the organized groups. This caused a lot of non-cohesion and disruptions. True, on many instances we may have been misjudged as unworthy we still kept in contact and bonded stronger as adverse conditions arose. We continued as best we could to "soldier on". Now, as we all have gone our separate ways, I personally find it distant (the program and comradeship) and continuously struggle to excel in all the different directions all at once while being – what I believed – belittled and mostly treated as a child while training. I continue on with my commitment not just for my benefit, but also for the benefit of my spouse and children, and try all I can to progress as best I can while others surpass me. This program was of great benefit to me – the PSP staff at St. Jean were very good and very hard.

Recruit Fitness training, I would love for the chance to do it again.

J'ai trouve que le WFT est un excellent programme pour ceux qui se donne

The teamwork mindset that was instilled in RFT was great. Sadly I never saw this on course. The military would benefit if more recruits were instilled with a teamwork mentality.

I felt RFT to be an extremely valuable experience and am truly grateful for the opportunity to participate in it. If only I could do more PT at my unit, I really like the group environment and right now we do PT 2 times a week.

I thought it was fantastic! I wish I could work out that often every day. I ate so much food, became quite strong, and felt amazing. It was an experience I'll never forget. When I was there, RFT lived on the 12th floor of the Megaplex. The view was spectacular. Everyday I felt myself running up the stairs faster than the day before. My muscles were developing tone. I felt great. The instructors and staff were very knowledgeable and encouraging. They supported all the

recruits, regardless of initial fitness levels.
I feel that the program gave me an opportunity to change my life. I was not fit when entering it, but since then I have changed my lifestyle and have become productive in increasing/maintaining my fitness level.
I feel the RFT program greatly contributed to my overall feeling of achievement. The instructors I worked with were very tough, but fair and that build character on my part, and confidence. The program provided us all the tools to achieve and maintain our goals. The rest was up to us. I greatly value and recommend the experience.
It was a great program
I was in the program for a week, and found it very interesting. I do not remember much, if there was a nutrition class.
I am appreciative of the opportunity warrior fitness afforded me. Without it I would not have been successful on course. Although I thought I was fit, warrior fitness helped me with a regime or routine that allowed me to keep pace with my peers. Being the second oldest upon grad (51 years) the youth and I traded inspiration from each other. They saw the old guy doing things they were struggling with and dug a little deeper to complete the task and vice versa. Thank you.
I feel that Warrior Fitness Program was the most beneficial program that St. Jean has ever put into effect and should be a part of Basic Training even if it is applied for two weeks.
It is my opinion that Warrior Fitness Training program is a great program. In my time in it I learned a lot and glad that I was able to be part of it. It is my opinion that ones who give it a bad name are the recourse members as well as the A.W.T
When I first joined RFT in 2007, we were situated on the 13 th floor (12 th by numbers) of the MEGA. This provided a lot of cardio training in excess of the regularly scheduled training as we did minimum 2000 steps per day. After I left RFT, they move the troops to portables within the grounds and there was no longer any stairs for the troops to ascend or descend. I believe this change drastically hurt the troops in excelling for their cardio levels.
The program was good however the amount of work that I had to do while in WFT was a great deal and is hard to keep up on now I am home and on ship. There are too many temptations given on the ship and little to work out. The work done on WFT was well worth it.
I had a great time in RFT. I not only came away with the tools to maintain health and wellness, I also learned how to become a leader and a better person overall.
The RFT program greatly helped me pass my pushups but as a graduate failing and being moved to the RFT program from BMQ graduation week was nothing less than devastating.

<p>Upon successful completion of my CF EXPRES test I received a certificate without my platoon number and did not get to participate in a graduation parade nor did I get pictures in my CF's by the flag with white gloves and rifle. Other than these complaints the program is well designed for new recruits and helps many people achieve a level of fitness that will allow them to pass the CF EXPRES and complete BMQ.</p>
<p>A very good program</p>
<p>Before I went to WFT I could only do 4 pushups and a level six on the beep test. After I left I was doing 13 pushups and a level 8.5 on the beep. I was 175 pounds and dropped to 145 lbs. I didn't have any sort of workout ethic until WFT. I came to my unit and joined the death race team, ran in the army half marathon and recently the Winnipeg half marathon. WFT helped my fitness and confidence.</p>
<p>RFT was the best thing that ever happened to me. The program works and every soldier should have the opportunity to undertake it.</p>
<p>I think the program work but when you have successfully pass 3 out of 4 challenges, you should be able to go on a course. I also think the training should be apply on base too. Most of our PT staff isn't quite qualify to keep us to the same level or bring us more fit. PT should be mandatory and supervised with PSP. We shouldn't have those stupid step course, circuit training. Training should be more follow by PSP to track our progress.</p>
<p>RFT was really tough at first, but was extremely rewarding. It gave me the tools and confidence to excel at sports and fitness. I now play on the base basketball team and my sqns hockey team. I feel the program really toughens you up and builds character. It really helps that the very best instructors were in chance of it. I am very thankful that I went through the program. I would like to note that when I joined the CF I weighed 230 lbs and didn't have any muscles worth mentioning. I now weigh 180 and am in extreme shape and I credit that to RFT. I am very thankful I had the chance to do the program. It has given me great confidence to go out and reach for and achieve my goals.</p>
<p>During my time with the Recruit Fitness Training/Warrior Fitness Training Program, I learned a lot about to achieve my fitness goals. I just recently returned back to work after MATA/PATA and am applying what I learned in the program to get back up to CF standards</p>
<p>Without RFT I would not be where I am today and I feel it's a very important program, but to hear that it's now fat camp whereas before when I was in the first initial group it was for those people who just missed level 6. I find that the whole point of the program was to get people who just got off their medical or those who just need a little extra push. Not having to spend tons of money on people who may never pass the 3 months probation. I would hate to hear that this program was scrapped because it would affect others who are in the same position all those years ago. I am a proud member of the first initial group in the fall of '06.</p>
<p>I would never achieved anything in my life now or military career if not for warrior. Most</p>

people in the program didn't realize how much opportunity that was given to them, and didn't take full advantage of it as I did and others like me. It was very inspiring and after I graduated I feel like I was stronger than ever and quickly learned that not everybody in the military had what it took to do what I did. It was hard to stay on track but now I feel better than ever.

A great program that should be voluntary offered to every new candidate. I would go back there if given the chance as it helped me a lot.

I believe that fitness in the CF is very important. Unfortunately my department onboard HMCS Vancouver never gives us time for fitness. I'm hoping this will change because I see people so out of shape on my boat (including myself). I think we should get personal trainers when asked for. The PSP team doesn't help out at all on our base. No matter what they say I have asked for help and still have not heard back for a year now! Thank you. P.S. Please write back a solution if one comes up.

I found the program for me really helped. I was more inspired and I have changed a lot of my bad habits from the education I got from the program. I would fully recommend the same approach that was used during my stay with RFT.

While it is a good program, I feel there should be minimum standards in order to get into the program.

Pour moi, ce programme a vraiment fonctionné. Au niveau de l'encadrement sportif et alimentaire, tout était bien et pertinent. Le bémol que j'ai est au niveau de l'encadrement moral lorsque nous sommes off-training dans les baraques. Il faudrait sortir les magouilleurs, les paresseux et les profiteurs du système de là! Ils affectent le moral et la fierté des gens qui sont là pour les bonnes raisons !

I was 37 years old when I went to BMQ in QC (R-12 2008 June 7) and I have failed in express test at very beginning of program but in FRT program I find myself fit in just 29 days. That right only 29 days and working hard and set my mind. This way, thanks to all of you in Ottawa Canada to helping Canadian people and your soldiers. This is the only reason I am here today, unfortunately I had a bike accident in June, 2011, and I am almost disability now, but I was fit for all that time. Thanks to all again, I'm working hard to come to workout soon.

Warrior training helped me greatly during my basic training, not only by giving me the necessary skills to pass the pt test best also instill in me a greater way of living healthy. I truly believe warrior training is an important tool for the Canadian forces.