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Convoy Soldiers get new gym to make time for fitness

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CONTINGENCY OPERATING SITE MAREZ-EAST, Iraq —Soldiers of Bravo Battery, 2nd Battalion, 146th Field Artillery, Washington Army National Guard, under the 18th Combat Sustainment Support Battalion here, have a new company gym.

The unit arrived in November of 2008 and since then has been improving their living and working areas in order to improve the quality of life of its Soldiers. Soldiers of the battery spend numerous hours off the base conducting logistical convoys to Habur Gate, making it very difficult for them to have available time to work out and go to the gym.

Having their company's gym within their living area makes working out easier and more convenient.

First Sgt. Scott Catlett, a native of Vancouver, Wash., said that the company has their own gym to afford Soldiers an opportunity to exercise within a hectic operations tempo.

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combinations.”

Catlett said he designed the gym and the workouts to meet the challenges of combat and military operations, while striving to obtain ten skills. The gym regimen focuses on cardio endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy.

“The workouts are nothing new, and I didn't dream them up,” Catlett said.

Elite military units, police, Special Weapons and Tactics (SWAT), and extreme athletes such as mountain climbers and mixed-martial-arts (MMA) fighters, have been using these types of physical training for years. After becoming a law enforcement officer in his civilian profession some years ago, Catlett became committed to spreading the word about the benefits of these types of workouts to as many people as possible.



Soldiers of the Bravo Battery, 2nd Battalion, 146th Field Artillery, Washington Army National Guard, work-out in their new gym, March 16, 2009. First Sgt. Scott Catlett, a native of Vancouver, Wash., said that the company has their own gym to afford Soldiers an opportunity to exercise within a hectic operations tempo. “The benefits are the obvious ones: true physical fitness!” Catlett said. “Combat will force many different physical challenges on a person, which will require an ability to perform well at many tasks, even unfamiliar tasks combined in infinitely varying combinations.” Catlett said he designed the gym and the workouts to meet the challenges of combat and military operations, while striving to obtain ten skills. The gym regimen focuses on cardio endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy. (Photo by JennyAnne Canlas)