

# Command Post commands fitness attention

By Staff Sgt. Alicia Prakash  
Staff writer

*The following is the final article in the "Self-help/quality improvement" series.*

Creating or renovating break rooms are the focus of many self-help projects: a place to take 10 to 15 minutes and relax, watch TV or to eat a snack. How about remodeling a place to work up a sweat? Some may turn up their noses at the idea of creating a fitness room as opposed to a break room, but the personnel in the 20th Fighter Wing Command Post had no problem doing it.

"We received so much equipment, we made the whole room a work-out area," said 1st Lt. Fotini Russo, 20th FW Command Post operations officer. She said before the room was transformed. It was the base historian's office and when he relocated, they had the opportunity to get "fit to fight."

"With the new PT standards, this made it easier for some of our shift workers," the lieutenant said.

She said it is difficult to get to the gym sometimes, due to work schedules. With this new room, they can break a sweat during down time.

A physical training area was in the planning for a while, according to Airman 1st Class Brandon Davis,



Photo by Staff Sgt. Alicia Prakash

**Airman Harris (left) said she enjoys the privacy of the Command Post's new fitness room. Airman Davis (right) said he suggests it to other organizations because it may motivate them to work out more.**

20th FW emergency action controller. He said they moved out furniture and repainted the walls before the equipment came. The Command Post staff members brought in the last piece of fitness equipment in January. The items include treadmills, stationary bikes and a bench.

"It's a good diversity of everything," said Airman 1st Class Sabrina Harris, 20th FW emergency action controller.

She said their room has many of the same items as the Fitness

Center, allowing her to get a good workout with various pieces of equipment.

The equipment was donated by both the Command Post staff members and the Fitness Center.

In addition to the conditioning gear, a base dormitory donated a 48-inch TV.

Senior Airman Damaine Threatt, 20th FW emergency action controller, said he enjoys the TV. He said because it is in his work area, he can change the channels to watch whatever he likes during his

personal workout times.

"It's more secluded," said Airman Davis.

He said the gym on base seems to be more crowded now, so having a place at work to train is opportune.

The Command Post is a 24-hour operation, and shift workers can benefit from the 24-hour availability and convenient location of the room.

"We can come in for work a little early and get a workout right here," said Airman Davis.



## Spirit Spotlight



### **Staff Sgt. Jose Lacayo**



**Organization:** 20th Comptroller Squadron

**Duty title:** Financial analyst

**Job duties:** Analyze base budget, coordinate training and assist in squadron events

**Hometown:** Bronx, N.Y.

**Time in service:** Six years

**Family:** Wife, Andrea Clark-Lacayo and children, Satuye and Krystal

**Off-duty interests:** Spending time with family, running and playing basketball, soccer and chess

**Words I live by:** "Put God first in everything you do."

### **Senior Airman Darik Pickerel**



**Organization:** 20th Component Maintenance Squadron

**Duty title:** Test, measurement and diagnostic equipment journeyman

**Job duties:** Calibrate, align and repair test equipment

**Hometown:** Mayville, Mich.

**Time in service:** Three years

**Family:** Wife, Kathy

**Off-duty interests:**

Running, furthering education and auto repair

**Words I live by:** "Don't set limitations on yourself."