

Getting fit without getting hit, MWR starts smashing new program

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June 09, 2011

BOXING

NAVAL AIR FACILITY ATSUGI, Japan – Between Ranger and Halsey gym at Naval Air Facility (NAF) Atsugi there are numerous work out programs to suit everyone’s physical fitness needs and interests.

There’s aerobics, weight lifting, yoga, etc.

A new program has been added to the long list of activities, boxing and it’s becoming very popular.

“I put the boxing program together for people interested in using boxing training techniques to pursue and achieve their fitness goals,” said Chris Martin, assistant athletic director. “There are so many ways to get into shape and not everyone enjoys the more traditional methods.”

The boxing program takes place in the combative room at Halsey gym, which is set up for various martial arts, boxing, and wrestling. Punching bags, speed bags, and medicine balls are just a few

of the pieces of equipment that can be found in the combative room. Bag gloves, punching mits, and boxing gloves are also provided by the gym.

“I would recommend this type of training for everyone that is looking for a fun, exciting, and challenging workout,” said Martin.

“Men, women and children can all benefit from this type of work out. It’s a good stress release to come out to the gym and beat up some bags and mitts and have an outstanding work out at the same time”

The work-out is open to all ages. However, children under the age of 15 must be accompanied by a parent at all times. For more information on MWR fitness programs call 264-3619.