

Army Wellness Centers provide programs and services that improve and sustain health, performance, and readiness of the Total Army delivered by highly trained professionals.



Hours of Operation

Monday—Wednesday: 0700-1630 Thursday 0700-1500 Friday 0700-1230

156 Lewis St., Bldg 647 Schofield Barracks, HI

808-655-1866

You must complete the online Wellness Questionnaire prior to your appointment.

https://awc.army.mil/

If you are unable to complete, arrive 20 minutes early and tell a staff member you have not completed it.



The AWC is located between Sgt. Smith Theater and the Special Operations Recruiting building. Parking may be found both in front of and behind the AWC.

Parking lots in this general vicinity fill up quickly. Please arrive 15-20 minutes early to secure a parking spot and fill out forms.

Eligible Beneficiaries Include:

All Military Branches are Eligible.

Dependents 16-17 years of age may schedule for metabolic testing, health coaching, and health education classes as long as their legal guardian attends their appointment with them.

Schedule appointments by calling 808-655-1866.

If you arrive late or do not follow the preparation guidelines correctly then AWC staff has the right to reschedule the assessment portion of your appointment.

If you miss your appointment without notifying AWC staff of your need to cancel or reschedule it will count as a no-show. If the schedule allows, AWC staff may see you later in the day.



Body Composition Analysis

(30 minute appointment)

Assessment Includes:

3 minutes in the BOD POD.

You Will Receive:

Results printout that displays weight, body fat %, fat free mass %, body fat in pounds, fat free mass in pounds, and placement in the body fat rating table.

Metabolic Testing

(45-60 minute appointment)

Assessment Includes:

15 minutes of normal breathing under the canopy hood. Must stay awake!

In the UYM class, you will receive:

Results printout containing your resting metabolic rate value and a caloric recommendation to either lose, maintain, or gain weight.

Fitness Testing

(60 minute appointment)

Assessment Includes:

9-12 minute VO2 submaximal test on a treadmill or cycle ergometer, back and grip strength, posterior chain flexibility.

You Will Receive:

Results printout with predicted VO2 max value, heart rate training zones and calories burned during exercise.

Biometric measurements are included with all assessments.

All Assessments Require Fasting

Individual Stress Management Training

(45 minute appointment)

Assessment Includes:

45 minutes with one of our health educators in our relaxing blue room practicing deep breathing, mindfulness, meditation, progressive muscle relaxation, guided imagery and the Quick Coherence Technique.

You Will Receive:

Insight into how well your body is actually managing stress.

Health Assessment Review

(30 minute appointment)

Assessment Includes:

Review of your responses to the AWC health and wellness questionnaire.

You Will Receive:

Insight into your risk factors for cardiovascular disease and musculoskeletal injury. Guidance on what areas to improve upon.

Unit Assessments

Assessment Includes:

Body composition analysis, metabolic and fitness testing, Pittsburg Sleep Quality Index, Unit Assessment Results class.

Units Will Receive:

Tailored recommendations based on individual results. These results and recommendations should be used to optimize performance of each Soldier and the unit as a whole.

Health Coaching

(30-45 minute appointment)

Health coaching is a one-on-one session where you will have the opportunity to collaborate with any of our health educators at the AWC.

Possible topics for a health coaching session include:

Weight Loss

Muscle Gain

Tracking Food Intake

Optimizing Workout Plans

Developing Ideal Sleep Habits

Stress Management Strategies

Tobacco Education

Goal Setting

Overcoming Barriers and Obstacles

Accountability and Motivation

Developing and Sustaining a Healthier Lifestyle

Health Education Classes

Upping Your Metabolism
Fueling for Health
Meals In Minutes
Healthy Sleep Habits
Stress Management

