

Hanscom Weight Loss Resources

Health Promotions: Offers programs and guidance on healthy lifestyle behaviors, including weight loss. Located in building 1609.

Phone: 781-225-6374 POC: Will Carpenter. Hours: 6:30 a.m. to 3 p.m. Tuesday through Friday

Inbody Scale: Health Promotions resource to measure body fat percentage, muscle and fat mass. Can be used to track progress of exercise/nutrition programs.

Korr Metabolic Analyzer: Measures basal metabolic rate, calories burned through normal activity and calories burned during exercise. Provides caloric ranges for weight loss.

Local Physical Training Leaders Advanced: Advanced training for exercise sessions to include weight loss training. There are currently more than 70 training leaders on the installation.

Base Occupational Support Team: A Strength and Conditioning Specialist provides training sessions daily at noon in the Fitness and Sports Center. Offices are located in building 1609. Call 781-225-6372 for additional information.

Hanscom Fitness and Sports Center: Equipment for both strength and cardiovascular training. The center offers 24/7 access in building 1548.

Phone: 781-225-6630

Warrior Training Room: Located inside the Fitness and Sports Center with various gear from dumbbells, BOSU balls, rope climbing, and plyometric equipment.

Rock Climbing Wall: Utilize all muscle groups of the body during one activity.

Hanscom Outdoor Recreation: Rentals for bikes, tennis, volleyball, pickleball, and more to increase physical activity. Located in building 1530.

Phone: 781-225-6621 Hours: 11 a.m. to 5 p.m. Monday through Friday and 10 a.m. to 2 p.m. on Saturday

Virtual/Online Programs:

Air Force Medical Service nutrition kitchen cooking classes video series on [YouTube](#).

[Warfighter Wellness](#) provides information on physical activity, tobacco, sleep and nutrition (including recipes).

[Human Performance Resource Center](#) by CHAMP offers resources for fitness, wellness, and performance nutrition.

[Military OneSource Healthy Coaching](#) or call 800-342-9647.

MissionFit App: Location: The app provides instructional videos, pictures, descriptions, and a library of exercises.

MissionFit is available on the Apple App Store or Google Play

Web Address: <https://mobile.health.mil/mission-fit>

AFMC Physical Training Leader Guide: Provides three easy to follow strength and conditioning workouts at www.afmc.af.mil/AFMCphysicaltraining.

