

## Commanding Officer's/ Inspector Instructor's Policy on Physical Fitness and Body Composition



Marines and Sailors of 1/25,

Our profession demands a high level of physical readiness. Every Marine and Sailor must be prepared to meet the rigors of combat and the expectations of service. Maintaining physical readiness and body composition standards is not optional, it is a matter of personal discipline, professional pride, and combat effectiveness.

All personnel are expected to maintain year-round fitness that exceeds the minimum standards of the Marine Corps Physical Fitness Test, Combat Fitness Test, and Body Composition Program. Leaders will set the example, conduct regular unit PT, and ensure Marines and Sailors have the time and resources to sustain readiness.

Marines or Sailors who fall below standards will be enrolled in remedial conditioning or body composition programs designed to restore compliance while preserving dignity and respect. Failure to correct deficiencies may result in administrative or disciplinary action.

Every Marine and Sailor of 1/25 will be physically fit, combat ready, and capable of meeting the demands of service at any time. Fitness is a way of life, a daily commitment and a reflection of who we are as warriors.

Semper Fidelis,

M. K. Burke

Lieutenant Colonel, U.S Marine Corps  
Commanding Officer

G. J. Kirsch

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