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## Army Salutes Physical Training Pioneer

**Fort Benning, Ga.** – Fort Benning’s U.S. Army Physical Fitness School recently announced that physical readiness training pioneer Dr. Ed Thomas has resigned and will become the health and physical education consultant for the Iowa Department of Education in Des Moines, Iowa.

Thomas is an Iowa native with over 25 years of teaching experience includes k-12 physical education and numerous post-secondary appointments including the University of Iowa, Northern Illinois University, Emory University, Upper Iowa University, and Troy State University. He is a Fulbright Scholar and has lived, worked and studied in diverse cultures including Germany, Korea, Burma, and Thailand. Thomas served in the U.S. Infantry from 1967-69.

“Dr. Thomas is undoubtedly the U.S. Army’s top physical readiness training expert,” said USAPFS Commandant Lt. Col. William Rieger. “He has inspired a paradigm shift that will benefit our soldiers for years to come.”

Jeremy Levine, head physical training advisor to the U.S. Navy SEALs, calls Thomas a world-class physical educator. “He is a gifted teacher who recognized many years ago the power of training concepts that are cutting edge today,” said Levine.

Dr. Thomas can be reached at the Bureau of Instructional Services, Iowa Department of Education at 515-281-3933 after Jan. 2.