**Member #1 (377 MSG)**

**Please feel free to provide any additional information you believe would be helpful. If you would like us to contact you directly, please provide a phone number or email address.**

Sauna usage offers remarkable benefits that align perfectly with the Air Force’s mission to maintain a fit, resilient force. Installing a sauna on an installation would enhance physical health, mental well-being, social cohesion, and spiritual resilience—directly supporting the four pillars of Comprehensive Airman Fitness.

Physically, saunas boost cardiovascular health, improve circulation, and aid muscle recovery. Research shows regular sauna use lowers blood pressure and reduces the risk of heart disease—critical for airmen who endure intense physical demands. After grueling training or deployments, the heat accelerates lactic acid removal, easing soreness and preparing bodies for the next challenge. This aligns with the physical pillar by optimizing readiness and reducing injury downtime.

Mentally, saunas are a stress-busting powerhouse. The heat triggers endorphin release, combating anxiety and depression—prevalent issues in high-stakes military life. Studies indicate a 20-minute session can lower cortisol levels, fostering mental clarity and emotional stability. For airmen facing relentless pressure, this supports the mental pillar by enhancing focus and decision-making under stress.

Socially, a sauna creates a natural gathering spot. Shared relaxation fosters camaraderie, trust, and unit cohesion—vital for teamwork in combat or operations. Picture airmen unwinding together, swapping stories, and building bonds that translate to tighter-knit squadrons. This strengthens the social pillar by reinforcing the esprit de corps that defines Air Force culture.

Spiritually, saunas offer a rare space for reflection. The quiet, meditative environment encourages mindfulness, helping airmen reconnect with their purpose and values amid chaos. This bolsters the spiritual pillar, nurturing resilience and a sense of inner peace.

Installing a sauna isn’t a luxury—it’s a strategic investment. It equips airmen to excel physically, mentally, socially, and spiritually, ensuring they’re mission-ready. The Air Force thrives when its people do. A sauna delivers that edge.

**RESPONSE: Thank you for your very informative request and listing all the beneﬁts of a sauna. Unfortunately, at this time, we do not have the budgetary means for a sauna in any of the ﬁtness facilities. Moving forward, we will keep this request in mind for when we may have additional funding.**

**Member #2 (MSG)**

**What is going right on the installation or in your organization?**

Website doesn't work for beans on enabling access to the Roadrunner Inn in order to make a reservation

**What can we do to improve?**

Get on a non-DOD computer and step through all the https://www.kirtland.af.mil/ websites and you'll find numerous dead links and non-responsive pages. Seems whomever is responsible for maintaining it has forgotten utility is in consumption, not production--if people cannot use it, there is no value in it.

**What issues require our attention?**

You are paying a high premium for either an Airmen, Officer or Civilian to manage the https://www.kirtland.af.mil/ website. Have them do their jobs or get someone in who'se inclined to do their job.

**Please feel free to provide any additional information you believe would be helpful. If you would like us to contact you directly, please provide a phone number or email address.**

Practicality beats glossy pages that don't work. Most of what folks need to access Kirkland and use base services isn't working and there's no viable alternative in this 'electronic' age. Fix the website, get it to support secure socket, etc.

**RESPONSE:**

**Thank you for taking the time to share your feedback. We completely understand your frustration and sincerely appreciate you bringing these concerns to our attention.**

**The Public Affairs office is currently in the process of a comprehensive overhaul of the Kirtland Air Force Base website. This update is focused specifically on improving usability, fixing broken links, and ensuring accurate, up-to-date information is accessible to both internal and external audiences.**

**Regarding the Roadrunner Inn reservation issue—thank you for highlighting that. The reservation system is managed by our Force Support Squadron, but as part of our ongoing website update, we are working closely with them to ensure their resources are clearly linked and easy to find from our main site.**

**Thank you very much.**