

DoD FITNESS CHALLENGE

Leap Into Fall!



It's time to put your Health and Fitness into High Gear!

Join the Department's **"Leap Into Fall" Fitness Challenge**. DoD goal of 1,500,000 hours. Challenge runs from August 16th through October 31st, 2010.

Register on the President's Challenge website at www.presidentschallenge.org/login/register_individual.aspx, as an individual or as a member of a DoD group. Track your daily activities - try to spend 2.5 hours a week engaged in some form of physical activity. More information on the DoD Fitness Challenge will be announced in August at

www.cpms.osd.mil/wellness.



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2010 DOD FITNESS CHALLENGE

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