

DoD's Leap into Fall Fitness Challenge

DoD has announced the kick-off of their DoD "Leap into Fall" Fitness Challenge as part of the President's Fitness Challenge, conducted August 16 - October 31, 2010.

Individual employees and military members or groups may register on the President's website, but DoD is asking for groups/individuals to register using unique identifiers at specific locations or passwords in order to give DoD visibility to our participation rates. For example, groups participating in the DoD Challenge will Register as if they are located in Arlington, VA; individuals wishing to participate in the DoD challenge should use the password, "wellness."

Physical activities include traditional activities such as running, walking, various sports and aerobics as well as other non-traditional activities like home repair, household tasks, Wii sports, and juggling. Individuals and groups may select the type(s) of activities and the level of difficulty, but DoD hopes to accumulate 1,500,000 hours of physical activity for their participants by the end of October. The instructions (attached) should make it very easy for group leaders and individuals to register and track their progress.

At the end of the challenge, DoD will provide Certificates of Achievement to all individuals who log at least 25 hours of physical activity and groups who average at least 25 hours per participant from August 16 to October 31, 2010. Employees authorized to participate in this program are encouraged to register in the fitness challenge to track their progress.

Register for the DoD Leap into Fall Challenge and the President's Challenge at the President's Challenge website. Visit http://www.presidentschallenge.org/group_admin/index.aspx or http://www.presidentschallenge.org/login/register_individual.aspx.

Take the first step - literally - to a healthier lifestyle.

For more information, call the Peterson AFB Fitness Center at 556-4462.