

# TPAC Exercise Challenge

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Are you getting the recommended amount of exercise?

150  
Minutes  
for  
15  
Weeks

The 2018 Physical Activity guidelines for Americans recommends at least 150 minutes of moderate-intensity exercise each week.



The TPAC Exercise Challenge is May 8 – August 21. Joining is easy and Officers can manually log and email their minutes or participate in the TPAC Exercise Challenge on the Lose it App.

For Questions on how to sign up and participate – ask your PAC chair or email CDR Michael Rinaldi [Mrinaldi@bop.ogv](mailto:Mrinaldi@bop.ogv) or LCDR Clara Stevens [C1stevens@bop.gov](mailto:C1stevens@bop.gov)

**All officers that complete the challenge will receive a LOA.**

“Obesity and low levels of physical fitness increase the risk of injury for active military personnel.” As the leaders in Public Health, we are Corps Strong! Let’s get active together!