

USPHS Exercise Challenge

January 4 – March 28, 2021

★ Are you exercising enough? ★

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

Joining the challenge is easy - complete the Survey Monkey below and then GET MOVING!!

All participants that exercise at least 150 minutes WEEKLY for 10-12 weeks will successfully complete the challenge and receive a Letter of Appreciation.

https://www.surveymonkey.com/r/PHS_EXER_SIGN-UP

Email questions to CDR Clara Stevens @
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