

Ft. George G. Meade, MD



MAKE YOUR OWN WORKOUT PLAN – Life Skills



Ft Meade BOSS Strong team Legion of Prosperity conducting daily fitness challenge



Master fitness trainer course at Camp Zama, Japan. Seth Robson/Stars and Stripes

Want to get in shape, but don't know where to start?

Work with Army Master Fitness Trainers to learn basic nutrition muscle and energy systems, and program your own training plan for your goals and needs!

FREE protein shaker bottle for attendees

Date: Mon/Tues 21, 22 August (only attend one day)

Time: 1100-1600

Location: Army Wellness Center Conf. Room

4418 Llewellyn Ave.

Email boss.ftmeade@gmail.com for more info!

