

10K-A-DAY CHALLENGE



Sign-up by JAN. 6th at Gaffney Fitness Center

Start your New Year's fitness resolutions off by signing up for MWR - Sports Program's 10K-A-Day Challenge during January!



Walk, run, or dance 10K steps a day, everyday. Sign up at Gaffney Fitness Center and receive a free MWR pedometer that will track your daily caloric burn, miles walked, and steps taken. It is all about a healthier you!

If you miss deadline; visit Gaffney for availability

For details; call 301-677-2349 or visit www.meade.armymwr.com

