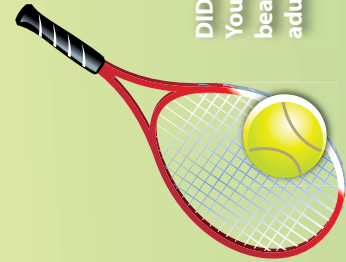


FITNESS & SPORTS MARCH 2010



DID YOU KNOW...
Your heart is the strongest muscle of your body and beats about 100,000 times in one day, in an average adult.

Take care of your body, it's the only place you have to live.
- Jim Rohn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Fitness Tip: Set Realistic Goals</p> <p>1</p>	<p>2</p> <p>Total Body Conditioning 0900-0955 A&FRC (Group Fitness)</p>	<p>3</p>	<p>4</p> <p>Indoor Cycling *FIP* 0600 Fitness Annex</p>	<p>5</p>	<p>6</p> <p>Fitness Center Open 0800-2300 Every Weekend</p>	<p>7</p>
<p>8</p>	<p>9</p>	<p>10</p> <p>Blood Pressure Checks 1000-1400 Fitness Center</p>	<p>11</p> <p>1.5 Mile Trail Run/Walk 1200 Fitness Center</p>	<p>12</p>	<p>13</p>	<p>14</p> <p>DAYLIGHT SAVINGS TIME BEGINS!</p>
<p>15</p>	<p>16</p>	<p>17</p> <p>St. Patrick's Day 5K Fun Run 1200 Sign-ups: Fitness Center</p>	<p>18</p>	<p>19</p>	<p>20</p> <p>Health Tip: Always Wear Sun-Screen</p>	<p>21</p> <p>Step Interval -n- Strength *FIP* 1730-1825 A&FRC</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p> <p>YoAFF/Fit Family "Simon Says" 1630-1730 Fitness Center</p>	<p>27</p>	<p>28</p>
<p>29</p>	<p>30</p>	<p>31</p> <p>Fitness Assessments 1000-1200 Fitness Center</p>				



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