



# 502d Force Support Squadron Presents

# NEW YEAR NEW PROGRAM

**Jan. 1-Dec. 31 • JBSA Randolph Rambler Fitness Center**

Challenge yourself with this free self-monitored fitness program as you kick start a healthier you in the New Year. Patrons have an entire year to complete this self-monitored program during normal operating hours. Pick up your "New Year, New Program" card from a Fitness Center Team member to start. Giveaways are provided while supplies last. For more information, please, call **(210) 652-7263**.

## How to participate:

- **Run or walk 70 miles**
- **Bike 36 miles**
- **Attend 24 aerobic classes**

*Receive a t-shirt once all requirements are complete!*

