



(U) 1.2 Mile Fitness Trail Run in Four Minutes: Can It Be Done?

The Office of Medical Services (OMS) Fitness Staff teamed up with What's News to run the Fitness Trail—the 1.2 mile paved trail located outside the Visitor Control Center (VCC) next to the Main Gate.

The trail, which was renovated by the Office of Facilities Support and the Office of Medical Services in 2012, contains 13 exercise stations—at which individuals can perform resistance training and a variety of callisthenic, plyometric, and aerobic workouts—as well as rest benches, emergency call boxes, and a water fountain. Each exercise station has instructions regarding how to perform each exercise.

Watch the video below to see the 1.2-mile Fitness Trail and its exercise stations completed in less than four minutes. The video is a preview of what it is like to run, jog, or walk the trail and perform the movements at each exercise station. When using the Fitness Trail, employees must enter and exit through the VCC using their badges and should not walk through the visitor drive-in gate—the video demonstrates the proper procedure. The OMS Fitness Staff encourages all employees of all fitness levels to use the trail, whether for running, jogging, or walking.

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For more information on the Fitness Trail, contact the OMS Fitness Staff or call [redacted] the OMS Fitness Branch Chief, at [redacted] (This article and video are UNCLASSIFIED.)

Modified: 7/17/2014 2:35 PM
Published: 7/17/2014 2:21 PM