

**Do the unfathomable:**

# Walk to Afghanistan!



**July 1, 2011  
thru  
June 30, 2012**

**7,720  
Miles**



Okay, we are not actually expecting you to literally walk to Afghanistan. All you have to do is log 7,720 miles within the year. Mileage is awarded for walking, running, biking, swimming and participating in aerobic classes. This program is self directed and based on the honor system. 20 minutes of swimming or aerobic exercise will equate to one mile.

**Free and open to all**

Information packets and training logs are available at any Fort Hood physical fitness center.

For more information, call 254-285-5459 or visit [www.hoodmwr.com](http://www.hoodmwr.com)

