

Francis, Ronald - Salt Lake City, UT

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February 1, 2007

CHALLENGE TO BE PHYSICALLY FIT IS OUT

The Office of Personnel Management and The President's Council on Physical Fitness and Sports invite all Federal employees, retirees and their family members to participate in the HealthierFeds Physical Activity Challenge. Join "The Challenge" by logging on to <http://healthierfeds.presidentschallenge.org/> and creating your own personal account.

To complete "The Challenge" you must log in 30 minutes a day, 5 days a week for 6 weeks between now and March 18th, 2007. You may select from a wide range of activities including dancing, exercise classes, housework and many, many more. For more information, contact Utah NRCS Human Resources Officer Sharon Jensen or OPM's WorkLife staff at worklife@opm.gov.

 Periodic news reports from NRCS Utah

To see blasts from the past go to [e-Blast archives](#)

Sylvia Gillen, State Conservationist, Natural Resources Conservation Service

125 S. State St., Salt Lake City, UT 84138; (801) 524-4550; (801) 524-4403 - fax; www.ut.nrcs.usda.gov

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