



ARMY PHYSICAL FITNESS

★ ★ RESEARCH INSTITUTE ★ ★

PRESENTS



★ APFRI ★ WARRIOR

The Army Physical Fitness Research Institute announces a new health and fitness competition starting with the AY11-02 class.

Will YOU earn the title of *APFRI WARRIOR*?

HOW IT WORKS:

Each participant will earn points through various APFRI events. These points will be tallied and at the end of competition be combined with the points earned through the APFRI assessments.

The first step is participating in the APFRI Executive Health and Wellness Assessment. Ways to earn points include:

- Attend APFRI classes
- Bring classmates to APFRI classes
- Bring family members to APFRI classes
- Schedule an APFRI lecture for your staff group
- Earn points by participating in the APFRI Warrior Workouts
- Have the best health and fitness progression combining leadership and participation points with the results from the APFRI Executive Health and Wellness Re-assessment.

*Deadline to participate is
APRIL 15, 2011*

Send Name and Staff Group #

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PRIZES WILL BE AWARDED FOR THE **BEST HEALTH AND FITNESS PROGRESSION POINTS** COMBINATION!