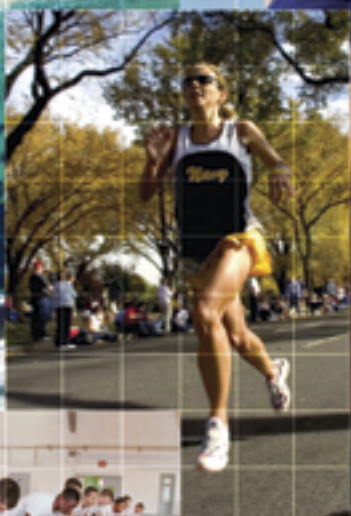


# GET MOVING

EXERCISE YOUR OPTIONS



NAVY  
FITNESS

STAY HEALTHY · STAY FIT · STAY NAVY

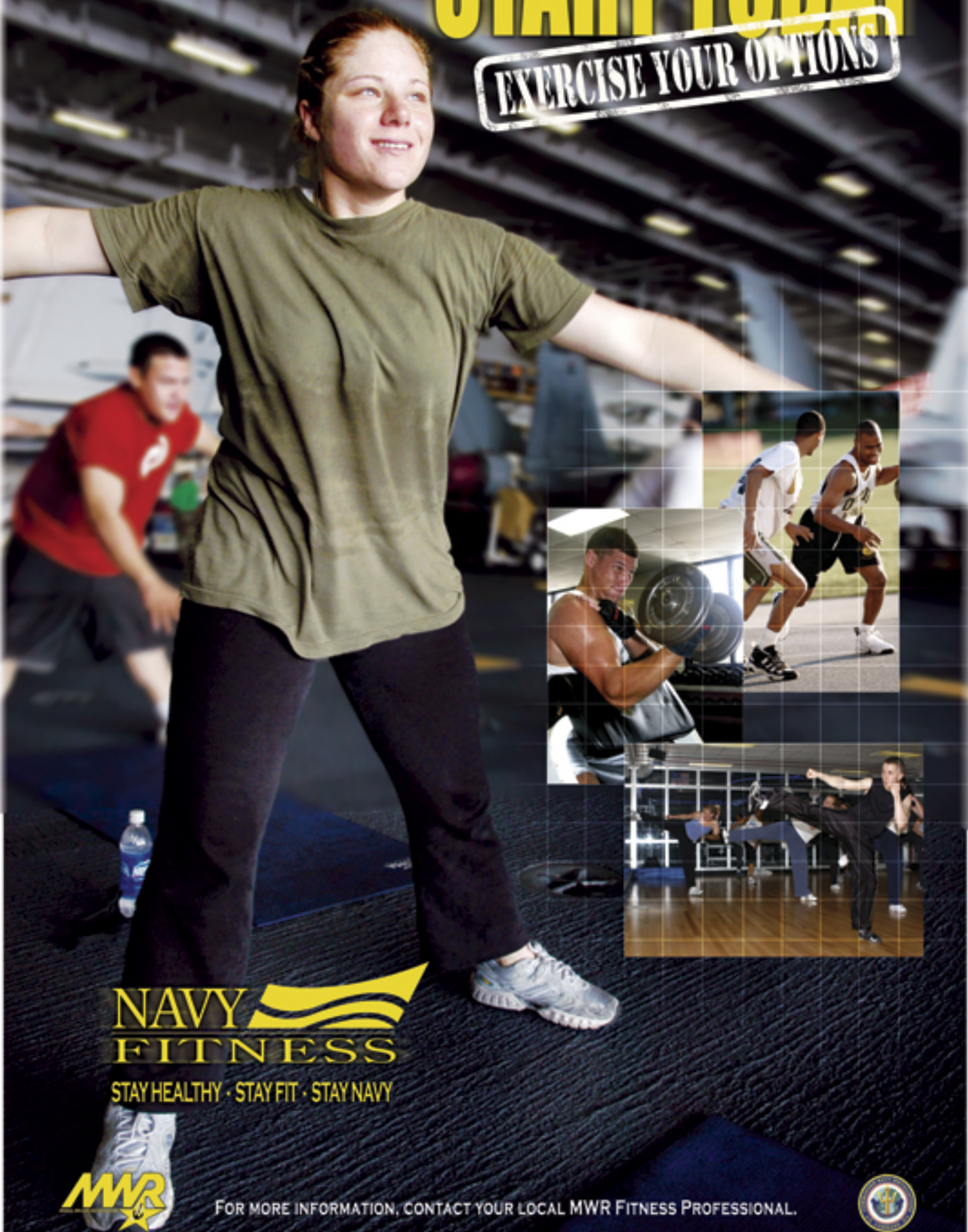


FOR MORE INFORMATION, CONTACT YOUR LOCAL MWR FITNESS PROFESSIONAL.



# START TODAY

EXERCISE YOUR OPTIONS



**NAVY**  
**FITNESS**

STAY HEALTHY · STAY FIT · STAY NAVY



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# IT'S YOUR BODY

EXERCISE YOUR OPTIONS



NAVY  
FITNESS

STAY HEALTHY • STAY FIT • STAY NAVY



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# EAT SMARTER

EXERCISE YOUR OPTIONS



**NAVY**  
**FITNESS**

STAY HEALTHY • STAY FIT • STAY NAVY



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