



PPS

Inter Gym “8 hour” Fitness challenge

How much distance can your region cover?

**WED
10th
July**

**0800 - 1600
@ YOUR LOCAL GYM**
Contact your local gym
for more info



Come along and get involved in the
**RACE OF THE
REGIONS!**



Each location will have
**3 TREADMILLS,
3 BIKES and
8 HOURS**
to cover as much
distance as possible



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**Wellbeing is our most
precious thing**

July Wellbeing Month



All personnel including courses, dependents and civilian staff are encouraged to get involved