



DCMA SAPR Awareness ^{Virtual} Fitness Challenge

April 1 – 30, 2021



- ❖ Walk 10 miles in honor of survivors of sexual assault
- ❖ 73 Sit-ups An American is sexually assaulted every 73 seconds*
- ❖ 90 Jumping Jacks 90% of victims are female*
- ❖ 10 Push-ups 10% of victims are male*
- ❖ 20,500 steps for the # of military who experienced sexual assault in 2018**

Participants are asked to track progress with **attached tracking sheet** - extra points if you are wearing teal!

Yes, prizes will be awarded - stay tuned for more details and to submit photos Contact: cheryl.a.hendrix.civ@mail.mil



Event sponsored by DCMA SAPR Personnel

Please consult your primary medical provider before beginning a new fitness regimen.