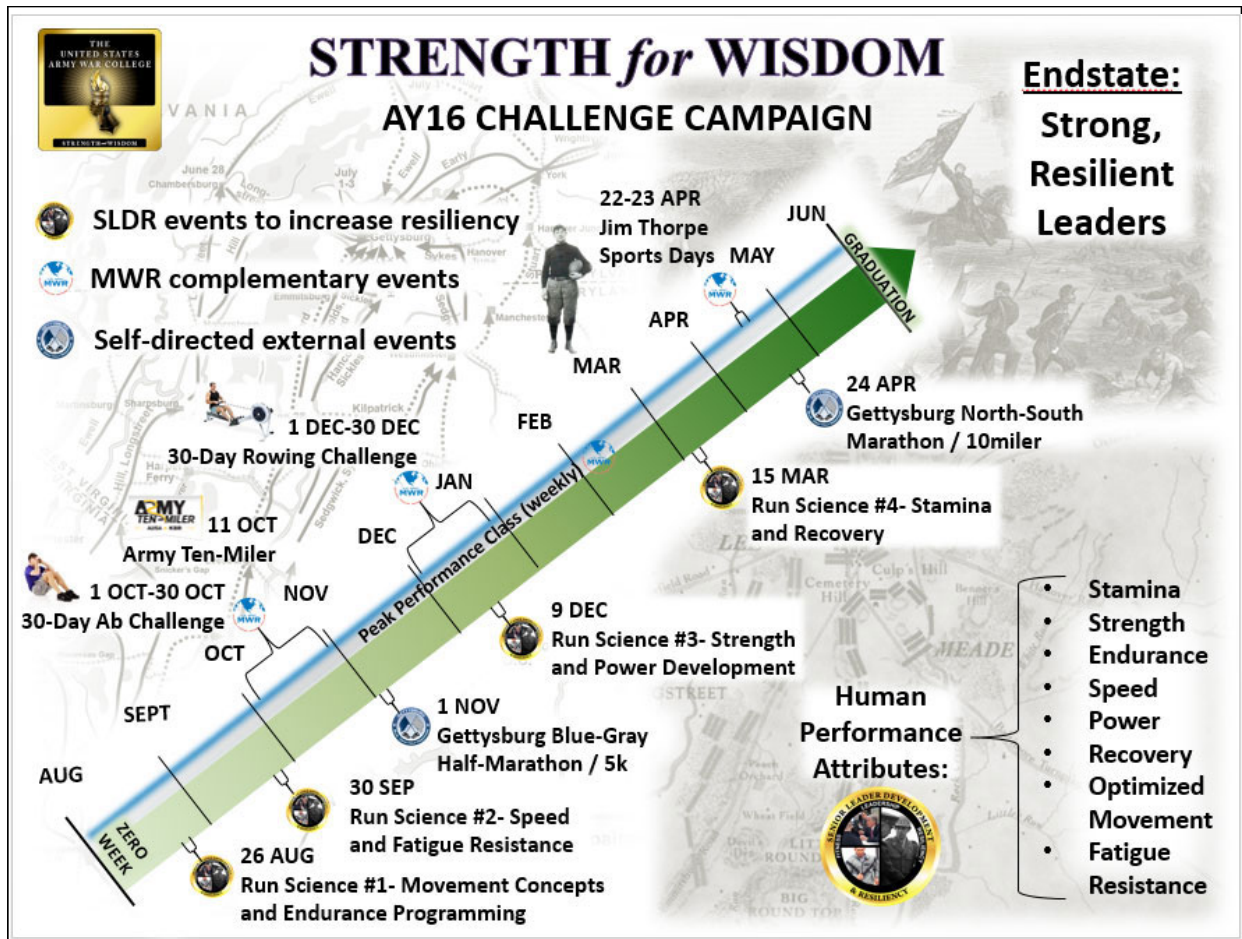


# New Year brings new opportunities for 'Strength for Wisdom'

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We've all made the



resolution at one time or another to get back into shape and take better care of ourselves in the New Year. Well here is your chance to make good on that promise to yourself – the Army War College Strength for Wisdom Program.

By bringing together all of the physical fitness activities available to the U.S. Army War College community, the campaign serves as an easy to follow roadmap for improved fitness for folks of all fitness levels and abilities.

The “Strength for Wisdom” challenge offers a variety of training programs and challenges to achieve your specific goals and to find an enjoyable way to overall fitness. You can use the program to get back in shape, check your fitness level, overcome your personal stumbling blocks or compete against others.

Keep in mind that you don't have to take part in the full Strength for Wisdom Challenge program; you can just participate in the programs of your choice.

### **January**

Weekly Performance Fitness Classes

6- 7 a.m., Thorpe Hall Gym, 1<sup>st</sup>Floor

### **February**

Weekly Performance Fitness Classes

6- 7 a.m., Thorpe Hall Gym, 1<sup>st</sup>Floor

### **March**

SLDR Run Science #4 – Stamina and Recovery

March 15, 11:45 a.m. – 12:45 p.m. in the Wil Waschoe Auditorium in Root Hall.

This class will be in a lecture format that address the concepts of stamina and recovery as it relates to running. Other topics of discussion will include endurance for sustained movement, mental resolve and intrinsic motivation. The class will also address ideas for future run program planning.