

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.

Upcoming events:

New Year's Resiliency Resolution Jan. 1-31

- To keep in the spirit of the New Year and the initial motivation to exercise, this event encourages participants to complete 15 workout sessions in the month of January at either the Thorpe Hall Gym or Indian Field Fitness Center.

CSM Pullup Challenge Jan. 1-31

30 Day Squat & Push Up Challenge Feb. 3- March 4

- Participants are challenged to complete a set number of squats and push ups each day. The repetitions do not have to be completed at one time, they can be broken up throughout the day. Since there is no special equipment needed, participants can perform these at home.

february 3

Carlisle Barracks Jim Thorpe Fitness Center

30 day

SQUAT &

PUSH UP

CHALLENGE

Register at Jim Thorpe. For info, call 243-3681. www.carlisleumwr.com [f](#) [carlisleumwr](#)

Strength Challenge March 7

THE UNITED STATES ARMY WAR COLLEGE AND CARLISLE BARRACKS
STRENGTH FOR WISDOM CHALLENGE



BENCH PRESS, SQUAT AND DEAD LIFT
MALES WEIGHT WILL BE 70% OF THEIR BODY WEIGHT.
FEMALES WEIGHT WILL BE 55% OF THEIR BODY WEIGHT.
DO AS MANY REPETITIONS AS YOU CAN.
OPEN TO ALL CARLISLE BARRACKS PERSONNEL. PRIZES AWARDED TO
OVERALL MALE AND FEMALE WINNERS AND TOP FINISHERS IN EACH EVENT.

SAT MARCH 7 AT 9AM
JIM THORPE FITNESS CENTER

Sign-up for the challenge at Jim Thorpe Fitness Center or Indian Field Fitness Center by COB on
March 5 and be entered to win some awesome prizes.

  www.carlislemwr.com
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•A modification of the classic powerlifting competition involving the Squat, Bench Press and Deadlift will be held at the Thorpe Hall Gym. Participants will lift a pre-determined percentage of their bodyweight for each of the three events. The volume (weight lifted multiplied by # of reps) for each of the three events will be totaled to determine the winners.

SLDR Run Science Lecture March 17, 4:30 p.m., Thorpe Hall

- SLDL Run Science Lectures will examine both the scientific and practical points of running and are intended for those looking to maximize their endurance and performance. You will learn how to develop training plans and to look at training in a different way. Each lecture provides practical applications of this information to better enable you to achieve your optimal performance goals.

February

Strength for Wisdom 10K March 21

- To provide a more challenging distance and build upon the previous Strength for Wisdom events, this race will provide a 10k course that spans throughout Carlisle Barracks.

U.S. Army War College Archives - News Article - 09 January 2015