



UNITED STATES OFFICE OF PERSONNEL MANAGEMENT

Washington, DC 20415

The Director

Tuesday, April 28, 2009

MEMORANDUM FOR: Heads Of Executive Departments And Agencies

FROM: John Berry, Director

Subject: Federal Agency Participation in The National President's Challenge

The U.S. Office of Personnel Management (OPM) is again supporting the President's Council on Physical Fitness and Sports (PCPFS) "National President's Challenge" (The Challenge). The Challenge, scheduled to take place May 1-July 24, 2009, encourages everyone age six and older to participate in regular physical activity. Federal employees and their families, as well as Federal retirees and contractors, are invited to participate.

Federal agencies, especially senior staff, are invited to take an active lead by encouraging employee participation. The only requirements are to be physically active for 30 minutes a day, five days a week, for six weeks, and to log that activity on the "National President's Challenge" website. The Challenge website may be accessed through the HealthierFeds web site at healthierfeds.presidentschallenge.org/.

The Challenge is free and interested persons can participate as individuals or in a group, or even participate in several groups. We hope your agency will take advantage of this unique opportunity to have fun, while sending positive messages about the link between physical activity and health.

cc: Chief Human Capital Officers
Directors of Human Resources