



UNITED STATES OFFICE OF PERSONNEL MANAGEMENT
Washington, DC 20415

The Director

Tuesday, March 11, 2008

MEMORANDUM FOR: Heads Of Executive Departments And Agencies

FROM: Linda M. Springer, Director

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

The U.S. Office of Personnel Management (OPM) is supporting the first-ever President's Council on Physical Fitness and Sports (PCPFS) "[National President's Challenge](#)" The National Challenge, will take place March 20-May 15, 2008. It encourages everyone age six and older to participate in regular physical activity. Federal employees, retirees, contractors and their families are all invited to participate.

I encourage Federal agencies, and especially Agency senior staff, to take an active lead in promoting employee participation. The only requirement is to be physically active for 30 minutes a day, 5 days a week, for 6 weeks. I hope you will embrace this opportunity to help Federal employees begin or continue a healthy lifestyle.

Interested persons can participate as an individual or group, or even participate in several groups. More details about the national challenge can be found in the National President's Challenge Fact Sheet, on the web and attached. The National President's Challenge may be accessed through the HealthierFeds web site at healthierfeds.presidentschallenge.org/.

We hope your agency will capitalize on this unique opportunity to have fun while sending positive messages about the link between physical activity and health. If your human resources staff has questions or comments, please contact OPM's Work/Life Group at worklife@opm.gov.

Attachment

cc: Chief Human Capital Officers
Directors of Human Resources