



UNITED STATES OFFICE OF PERSONNEL MANAGEMENT
Washington, DC 20415

The Director

January 16, 2007

MEMORANDUM FOR HEADS OF DEPARTMENTS AND AGENCIES

FROM: LINDA M. SPRINGER
DIRECTOR

A handwritten signature in black ink, appearing to read "LMS", written over the printed name "LINDA M. SPRINGER".

Subject: The HealthierFeds Physical Activity Challenge 2007

The Office of Personnel Management (OPM) is again teaming with the President's Council on Physical Fitness and Sports to host a HealthierFeds Physical Activity Challenge scheduled to take place January 22-March 18, 2007. Cascading from the President's *HealthierUS* initiative and OPM's HealthierFeds, "The Challenge" is open to all Federal employees and their families, as well as Federal retirees and contractors.

We are challenging you to lead by example and to encourage your employees to participate in the HealthierFeds Physical Activity Challenge. The only requirement to participate and succeed in this effort is to be physically active for 30 minutes a day, 5 days a week, for 6 weeks. We hope you will embrace this challenge and take advantage of the opportunity to help Federal employees get started on or continue working towards a healthier lifestyle.

The HealthierFeds Physical Activity Challenge is based on the President's Challenge and will use their web site at <http://healthierfeds.presidentschallenge.org>.

The HealthierFeds Physical Activity Challenge will be launched on Monday, January 22, 2007, in the Great Hall of the Hubert H. Humphrey building, 200 Independence Avenue, Washington, D.C., 11:00 a.m. We hope that you and as many of your employees as possible will join us.

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.

cc: Chief Human Capital Officers
Directors of Human Resources