



UNITED STATES OFFICE OF PERSONNEL MANAGEMENT
Washington, DC 20415

The Director

February 6, 2007

MEMORANDUM FOR HEADS OF EXECUTIVE DEPARTMENTS AND AGENCIES

FROM: LINDA M. SPRINGER
Director

A handwritten signature in blue ink, appearing to read "LMS", written over the printed name of Linda M. Springer.

Subject: The HealthierFeds Physical Activity Challenge 2007

We, as agency leaders, play an important role in achieving the vision of the HealthierFeds Initiative to promote healthy behaviors. I take this role seriously and to prove my commitment to the employees of the Office of Personnel Management I recently signed up for The HealthierFeds Physical Activity Challenge.

I hope that you will join me in sending a message to your employees that physical activity and health go together and we know how to make it fun. We have extended the deadline to February 20 to sign up, and we encourage your Federal families to join in "The Challenge" now. I am sending out this message today to all OPM employees, and I ask you to follow suit with a message of your own to all your employees.

"It seems like only yesterday we were making our New Year's resolutions which included becoming more physically active. If you are ready to make good on that promise to yourself, I have great news! The HealthierFeds Physical Activity Challenge can kick start your resolution. It's fun, easy and you're not alone. The entire Federal family is involved and can support you throughout the Challenge. You're halfway there once you register.

"In order to complete the 30 minutes a day, 5 days a week for 6 weeks commitment by April 1, you must be registered by Tuesday, February 20. That's a two week extension past the previously announced date. All employees, contractors and their family members are eligible to sign up. To register for the program, use the URL: <http://healthierfeds.presidentschallenge.org/>. You may use the "contact us" link or contact worklife@opm.gov for any questions, concerns or help you may need."

cc: Chief Human Capital Officers
Directors of Human Resources