**2022 National Physical Fitness and Sports Month**

**Navy MWR Fitness Weekly Challenges**

**General posts**:

May is National Physical Fitness and Sports Month! Get out, get active and join Navy MWR Fitness by participating in the weekly fitness challenges. The Navy MWR Fitness weekly challenges are designed to encourage the Navy community to be physically active during National Physical Fitness and Sports Month. Each challenge can be completed in one session or throughout the week, and includes warm-up and cool-down exercise recommendations. (<https://www.navyfitness.org/fitness/physical-fitness-and-sports-month>) Show your participation on social media by using the hashtags:

**#NavyFitness1984Challenge (May 1-7)**

**#NavyFitnessIronAnchorChallenge (May 8-14)**

**#NavyFitnessTripleThreatChallenge (May 15-21)**

**#NavyFitnessPushPullChallenge (May 22-28)**

Join Navy Morale, Welfare and Recreation in recognizing National Physical Fitness and Sports Month! Throughout the month of May, Navy MWR Fitness is offering

weekly fitness challenges. Each challenge can be completed in one session or throughout the week, and includes warm-up and cool-down exercise recommendations. (<https://www.navyfitness.org/fitness/physical-fitness-and-sports-month>) Show your participation on social media by using the hashtags:

**#NavyFitness1984Challenge (May 1-7)**

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**1984 Challenge (May 1-7)**

May is National Physical Fitness and Sports Month! Get out, get active and join Navy MWR Fitness by participating in the weekly fitness challenges. The **1984 Challenge (May 1-7)** was designed to show gratitude to all military spouses and reinforce their role and importance in supporting America’s service members. Military Spouse Appreciation Day was established in 1984 by President Ronald Reagan and designated by the Department of Defense as the Friday before Mother’s Day every year. So invite your spouse, partner, child, shipmate, or friend, and complete the 1984 Challenge to show your appreciation! Show your participation on social media by using the hashtag **#NavyFitness1984Challenge** (<https://www.navyfitness.org/fitness/physical-fitness-and-sports-month>)

**Iron Anchor Challenge (May 8-14)**

May is National Physical Fitness and Sports Month! Get out, get active and join Navy MWR

Fitness by participating in the weekly fitness challenges. The **Iron Anchor Challenge (May 8-14)** consists of five movements, each with a prescribed number of repetitions. Providing warm-up recommendations and designed with upper, lower, core, and dynamic plyometric movement patterns, the Iron Anchor Challenge is a well-rounded and all-inclusive battery of exercises that will test the physical fitness levels of all who participate! Visit (<https://www.navyfitness.org/fitness/physical-fitness-and-sports-month>) to learn more and take the challenge! Show your participation on social media by using the hashtag **#NavyFitnessIronAnchorChallenge**

**Triple Threat Challenge (May 15-21)**

May is National Physical Fitness and Sports Month! Get out, get active and join Navy MWR Fitness by participating in the weekly fitness challenges. In the **Triple Threat Challenge (May 15-21)**, you select three of the four cardiovascular modalities (1.5-mile run, 500-yard/450-meter swim, 3-mile bike, or 2,000-meter row) and create your own personal triathlon! Visit (<https://www.navyfitness.org/fitness/physical-fitness-and-sports-month>) to learn more and take the challenge! Show your participation on social media by using the hashtag **#NavyFitnessTripleThreatChallenge**

**Push-Pull Challenge (May 22-28)**

May is National Physical Fitness and Sports Month! Get out, get active and join Navy MWR Fitness by participating in the weekly fitness challenges. The **Push-Pull Challenge (May 22-28)** is a multi-day event consisting of two separate workouts, each with its own prescribed movements and number of repetitions. This well-rounded and all-inclusive battery of exercises will test the physical fitness levels of all who participate! Visit (<https://www.navyfitness.org/fitness/physical-fitness-and-sports-month>) to learn more and take the challenge! Show your participation on social media by using the hashtag **#NavyFitnessPushPullChallenge**