

# Going the Distance

to Support SAPR!

## Virtual Fitness Challenge



## Show your support for Victims and Survivors of Sexual Assault

Wear Teal on Tuesdays = 300 points

30 minutes strength training/exercise/fitness activity = 500 points

Take a SAPR sponsored fitness class = 1000 points

Participate in Denim Day = 300 points

Like DefenseMWR on Facebook = 100 points

Walk/Run/Cycle/Swim = 1 mile (2000 steps) = 100 points

**April 1st - 30th, 2019**

It's *VIRTUAL* so you can participate from anywhere, worldwide!

*All DLA employees, contractors, and other DoD Agency employees are encouraged to show their support*

Log into [DefenseMWR.com/SAPR-VFC](https://DefenseMWR.com/SAPR-VFC) from anywhere, including your phone or tablet, each **Monday** to submit your weekly total points.

DoD  
**Safe Helpline**  
Sexual Assault Support for the DoD Community  
[safehelpline.org](https://safehelpline.org) | 877-995-5247



  
/DefenseMWR

  
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For questions email: [SAPR@dla.mil](mailto:SAPR@dla.mil)  
or contact your MSC SARC

Defense Logistics Agency  
Sexual Assault Prevention &  
Response Program  
(SAPR)

24/7 DLA SAPR Hotline:  
1-800-841-0937