

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 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 | 877-995-5247




/DefenseMWR


@DLA_MWR

For questions email: 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