

## DDCT Commander Issues Fitness Challenge

“A healthier workforce is a more productive workforce,” said Defense Distribution Depot Corpus Christi, TX (DDCT) Commander LTC Shelia J-McClaney, USA, who has issued a fitness challenge to her employees. “Better health and fitness will not only benefit your job, but also your life away from work.”

The goal of LTC J-McClaney’s Fitness Challenge is to enhance the productivity of the DDCT workforce in order to better support the Warfighter. “Our workload has surged in support of military operations all around the globe, so we need to stay healthy and productive in order to get the job done,” said LTC J-McClaney.

As part of LTC J-McClaney’s fitness challenge, DDCT employees will be given the opportunity to participate in a survey to assess their current health. With that information, employees can choose from a variety of programs designed to enhance their wellness including salsa dancing aerobics and smoking cessation.

The employees have enthusiastically received the challenge and are participating in a number of fitness activities including DDCT Sports Day held in April.

DDCT employees are also forming teams to participate in the Armed Forces Day Beach to Bay Relay Marathon on May 15-the largest relay marathon in the United States.



*Two Points! Left to right: **Roland Rodriguez, Roland Marquez, Fernando Salinas and Glenn Rogers** shape up with a game of basketball.*



*Batter up! **Nellis Kelley, Jr.** steps into his swing on DDCT Sports Day.*



*Chess, anyone? **Art Gutierrez and Alicia Lorenzo** get a workout playing a game of life-sized chess during DDCT Sports Day.*