

SPMS Fitness Report

June 20, 2019

A new Fitness Tab was created which appears in the Blue Bar on the main page of the SPMS web page – thank you Dan.

A huge thanks to Dan Johannsen for his time and effort to tabulate all the Go the Distance fitness miles for SPMS members. This information is found under the new Fitness Tab. Fitness Articles and information for USMS Fitness events are now located under this tab.

Any articles related to Fitness to share with members can be sent to Diana or Dan for posting. I am writing another fitness article for the July/August Newsletter.

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