

FACT SHEET

MISSION FIT

COMPREHENSIVE AIR FORCE EXERCISE PROGRAM



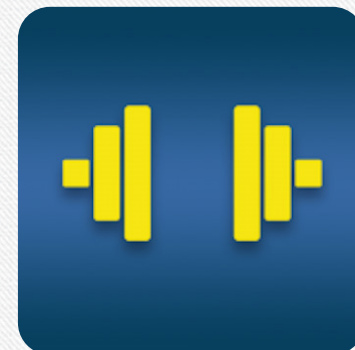
Defense Health Agency

SOLUTION DELIVERY
DIVISION

Mission Fit is an Air Force exercise app that guides users through a 12-week exercise program using different routines. Each exercise includes detailed instructions along with video, imagery, and textual descriptions.

The app features a comprehensive library of more than 90 exercises and a workout section that allows users to personalize their regimens. Daily routines cover warm up, strength training, and conditioning; it also helps users gauge their pre-workout motivation and soreness levels.

Mission Fit was produced by the Web & Mobile Technology Program Management Office, part of the Solution Delivery Division. WMT provides web and mobile solutions to the DHA and other Department of Defense and Department of Veterans Affairs organizations.

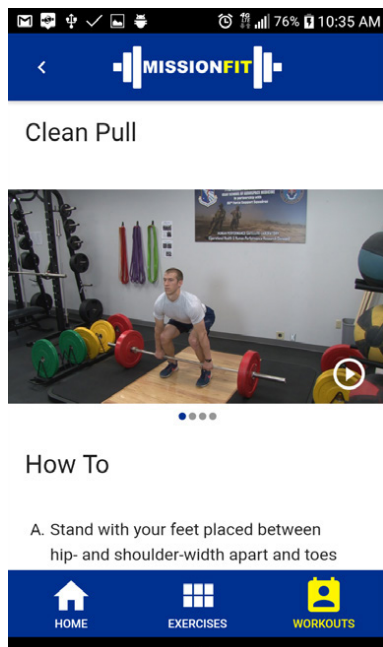


Key Features

- ▶ User-friendly, customizable regimens
- ▶ Large repository featuring a variety of exercises
- ▶ Simplifies and consolidates workout plans, schedules, and instructions in one place
- ▶ Assembles workout plan schedules and exercise routine instructions for the user

Key Benefits

- ▶ Improves health, fitness, and Readiness
- ▶ Users can customize their workout regimens by drawing from the exercise library
- ▶ Provides instructions for safely performing specific exercises, such as weight lifting



To view more DHA's mobile applications, visit <https://mobile.health.mil>.