

# Staying Fit

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MSgt Kecalf Sharp, the Superintendent of the Comptroller Flight, motivates his troops by engaging in 1 minute sessions of pushups and planks. The daily physical exercise gets adrenaline flowing throughout the body. This fitness monitor has a schedule where all can participate. Hours are weekly between the hours of 0900-0930, 1100-1130 and 1500-1530.