

## FACT SHEET

# MISSION FIT

## COMPREHENSIVE AIR FORCE EXERCISE PROGRAM

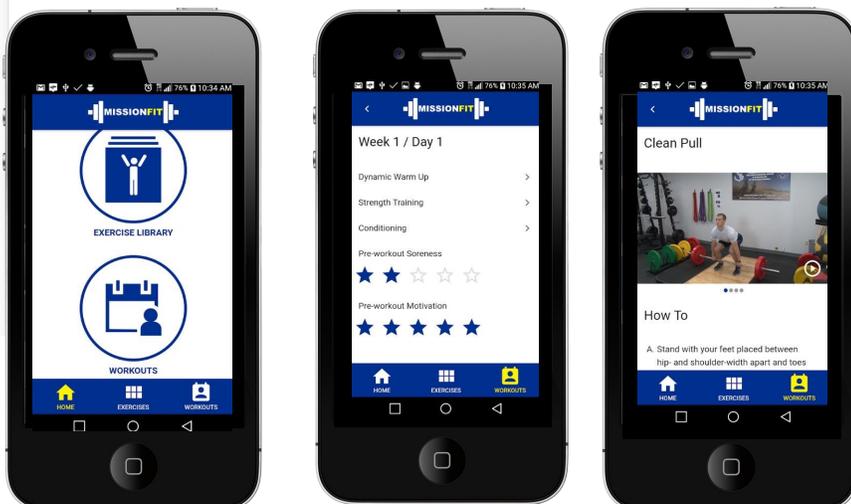


**Mission Fit is an Air Force exercise app that provides a 12-week program of exercise routines, along with library of 90+ exercises with detailed instructions including video, images and textual description. The app guides users through workout routines by navigating workout weeks, days and exercise routine instructions.**

The Mission Fit app features a comprehensive exercise library and a workout section that allows users to personalize their regimens. The app provides users with a daily routine that covers warm up, strength training and conditioning exercises; it also helps users gauge their pre-workout soreness and pre-workout motivation level. The Mission Fit exercise library provides instructions for safely performing specific exercises, such as weight lifting.

This app is available for free download to iPhone and Android devices. It was produced by the Web & Mobile Technology (WMT) Program Management Office, part of the Defense Health Agency (DHA) Solution Delivery Division. WMT provides web and mobile solutions to the DHA and other Department of Defense and Veterans Affairs organizations.

### Screenshots



### Key Benefits

- ▶ Users can easily personalize their exercise regimens
- ▶ Helps users through workout routines by assembling workout plan schedules and exercise routine instructions
- ▶ Helps users gauge their pre-workout soreness and motivation level

### Key Features

- ▶ Contains a 12-week program of exercise routines
- ▶ Includes a comprehensive exercise library that allows users to personalize their exercise regimens
- ▶ Provides instructions for safely performing specific exercises, such as weight lifting
- ▶ Available for free download for iPhone and Android devices