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## Getting Healthy is Flippin' Sweet!

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In an effort to promote healthy lifestyles, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's Commanding General, LTG Kevin T. Campbell has implemented the Fitness Life Improvement Program (FLIP). Open to all members of the command, participants earn points based on exercise, education and intervention.

Huntsville members held their kickoff event on May 5, while Colorado Springs participants conducted theirs on May 20. The kickoffs included a two-mile run and one-mile walk to get the program started. In Huntsville, nearly 30 runners followed Chief of Staff, COL Kendal Cunningham on a two-mile run, and approximately 45 walkers joined SGM John Mattie on a one-mile walk. In Colorado Springs, Deputy Commanding General for Operations, BG Kurt S. Story led more than 100 runners along the 2-mile course while a group of about 30 walkers navigated the one-mile route.

Observing the commands worldwide presence, the initial points earned will symbolize a virtual tour across the globe on the FLIP Points Tracker found at <https://www.us.army.mil/suite/page/634039>.

Members of USASMDC/ARSTRAT Operations, Colorado Springs are led through a series of stretching exercises at the Peterson Air Force Base Picnic Ground before the FLIP walk/run.

*Photo by DJ Montoya*



Deputy Commanding General for Operations BG Kurt S. Story addresses the attendees at the USASMDC/ARSTRAT FLIP kick-off at Peterson Air Force Base the afternoon of May 20.

*Photo by Michael Kahl*



Army Space Soldiers, some with families members along for the ride, give it all they've got during the two-mile run. *Photo by DJ Montoya*