



National Physical Fitness and Sports Month

National Physical Fitness and Sports Month (NPFS) are celebrated in May. It is an initiative by the President's Council on Fitness, Sports, and Nutrition. Since 1983, each President has proclaimed May as National Physical Fitness and Sports Month to promote the importance of physical activity, physical fitness, and sports participation. Join NIH Recreation & Welfare for the following May offerings:

Fit Checks – Body Weight and Body Mass Index

- Building 53: Friday, May 10 from 2:00 – 2:45p
- Rockledge II Room 220-B: Thursday, May 9 from 1:00 – 1:45p
- Walk-ins welcome at both locations

Fitness & Movement Classes

- [Class Schedule](#) – a variety of formats, updated weekly. **Free** for NIH staff

NPFS Month Outdoor Classes

- ***Hatha Yoga with Shannon***
 - Tuesday, May 21 at 1:00p ET (30 mins)
 - Building 53 (Front Lawn)
- ***Kinetic Stretching with Charissa***
 - Thursday, May 23 at 1:00p ET (30 mins)
 - RKL II (6701 Rockledge Front Lawn)

Non-Sleep Deep Rest (NSDR) Classes

- ***NSDR with Allison R.***
 - Monday, May 6 at 12:00p ET (30 mins)
 - [Zoom link](#)
- ***NSDR with Allison R.***
 - Wednesday, May 22 at 3:00p ET (30 mins)
 - [Zoom link](#)