



FOR IMMEDIATE RELEASE

There's "No Holiday For Fitness"

The Pentagon Channel Kicks Off A Marathon To Get Ready for Season 2 of *Fit For Duty*

ALEXANDRIA, VA, August 28, 2008 – Starting midnight on Labor Day The Pentagon Channel will be conducting a "No Holiday For Fitness" campaign. "No Holiday For Fitness" consists of a 24 hour, 48 episode marathon of the popular military lifestyle program *Fit For Duty*. The fitness routine lineup will be sorted by exercise routine. Kicking the series off are various cardio workouts, followed by pilates and finally resistance training.

Following the marathon, on Sept 2nd, the much anticipated 2nd season of *Fit For Duty* launches. This time *Fit For Duty* laced up its running shoes and hit the road for some on location shooting. Locations this year include the Naval Media Center in Anacostia, DC; on the beaches at Naval Base Coronado, San Diego, CA; and inside an aircraft hangar with the USAF Thunderbirds at Nellis AFB, NV. "It was truly a workout just getting everything coordinated and geared up to take this show on the road", said Producer Linda Dodich.

This season will also feature a new workout system designed by a US Navy SEAL called the TRX. The TRX suspension strap system combines gravity and a person's body weight for a challenging strength building workout. "Fitness is as much a part of the military as the uniform," said retired Air Force Master Sgt. Jim Langdon, who serves as the Pentagon Channel's Director of Operations and Programming. "All the services go to great lengths to entice their troops to stay fit," Langdon said. "This season is more intense than last year. Be prepared to be in the best shape of your life."

New episodes of *Fit For Duty* can be seen daily on the Pentagon Channel at 6:30am, 11:30am, 7:00pm, & 10:30pm. As always you can work out to your favorite episodes on www.pentagonchannel.mil or via Podcast on the iTunes.

About Pentagon Channel

The Pentagon Channel broadcasts military news and information for and about the 2.6 million members of the U.S.

Armed Forces -- Active Duty, National Guard and Reserve. The channel is available on-base to more than 1.3 million service members who live and work on more than 359 military bases, camps and installations in the U.S. The channel is also available to the 800,000 service members and their families serving overseas in 178 countries via the American Forces Radio and Television Service (AFRTS). The channel also reaches more than 13 million households through commercial distribution on satellite and cable systems nationwide. In addition, the channel programming is streamed live 24/7 at <http://www.pentagonchannel.mil>, is available via Video on Demand, and podcast – both audio and video -- from this website.

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