

## **DND/CAF FITNESS FACILITY CLOSURES IN THE NCR**

All DND/CAF fitness facilities in the NCR are now closed until further notice in order to reduce the risk of transmission of the COVID-19 to our community.

Personnel are encouraged to stay active while following the guidance of health authorities. In order to assist, Personnel Support Services (PSP) has an online workout available focusing on [bodyweight](#), and members can also visit [www.DFIT.ca](http://www.DFIT.ca) for additional programming options.



**This message is being sent on behalf of Colonel A.M. Banville, Commandant of Canadian Forces Support Unit (Ottawa), to all recipients in the National Capital Region (NCR). Please do not reply as this mailbox is not monitored.**