



U.S. ARMY

CENTRAL



## Days of Strength

JANUARY 3 – APRIL 13

### WHY

**November 7<sup>th</sup>, 2018** will mark the Centennial of U.S. Army Central - a command whose lineage goes back to the famed Third U.S. Army, established during the first World War and commanded by Gen. George S. Patton Jr. during WWII.

**“A Century of Constant Readiness.”** We’re celebrating by reflecting on the qualities that make USARCENT great - strength, service, and honor. We hope you’ll follow along with us throughout this year-long **#USARCENTury** celebration.

### WHAT

**Beginning January 3rd**, the first 100 days are all about strength. We will host fitness events, lunch & learns, and share wellness tips over the next few months.

**The #100DaysofStrength challenge** is to incorporate at least one strength-building activity into your routine every day. You can do this anytime, anywhere. Get creative! Strength is not purely physical – think spiritual, mental, and relational. Download the chart from our website to track your progress.

### WHO

**Everyone is invited to join us!** Countless Soldiers, Family members, and Civilians over the years have contributed to our capable and ready team. If you’re a former U.S. Army Central or Third Army Veteran, we proudly invite you to participate as well.

**Share** with friends and family to encourage and challenge one another in the New Year! We are part of a much larger community and hope many will join us in this celebration of strength, history, and readiness.

### HOW

**Join the conversation** on our social media sites **@USArmyCentral**. Tell us how you’re building strength and readiness throughout these first 100 days of the **#USARCENTury** countdown.

**Share** your photos and check-ins with us using the hashtag **#100DaysofStrength**. Find more information and printable materials on our website: [www.usarcent.army.mil/USARCENT100](http://www.usarcent.army.mil/USARCENT100)

