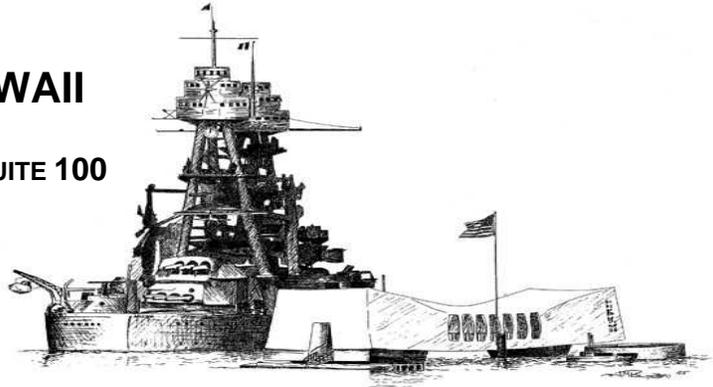


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Gilad works out with Afloat Training Group MIDPAC

PEARL HARBOR, HAWAII – Fitness celebrity, Gilad , is scheduled to work out with Sailors assigned to the Afloat Training Group Middle Pacific (ATG MIDPAC) on Ford Island on March 11, 2010 at 8 a.m.

I also think this is a great example of Navy Region Hawaii embracing a culture of fitness that clearly aligns with Admiral Johnson recent message (below) to CO's. I'd like to see if we can get some local news media coverage as well as Navy News, Navy Times, and others. I will be glad to have my people work these arrangements, as I know you have a small staff, but we do not want to violate any PAO rules in this effort.

In the evenings I often watch KHON News and at the end of the broadcast they have clips of an activity that they have highlighted during the newscast with people providing the "shaka" sign as a farewell. I think it would be great to have folks in Navy PT gear giving the "shaka" sign.

This has got "good news" story written all over it. I'm standing by to help make the arrangements necessary to pull this off, and look forward to your reply. Thanks!

Updated information will be posted on Facebook at Navy Region Hawaii's website, www.cnmc.navy.mil/hawaii.

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