WARNING!

Exercise can cause visible side effects.*

*Careful intake of liquids and foods on the inside can yield the best results on the outside.

See the body experts at your local, free military fitness facility. They can assess your fitness level and help you use equipment properly.

Think exercise; it's fitness you can see and feel. And you'll be fit to fight!

Bodies by Staff Sergeant Christopher C. Dobbins, 1776 Security Police Squadron, and Senior Airman Kelly Henson, 1776 Air Base Wing/Public Affairs, both at Andrews Air Force Base, Md.

Defense **BILLBOARD #8**

(PHOTO BY PEER)