



Y, am I doing the Iowa Healthy Challenge? My son, 1st LT. Tanner Fleck, started an Army Pre-ranger course at Ft. Bragg, NC on Feb. 1st. Right before he started, I decided to do the Iowa Healthy Challenge. Tanner was challenged mentally and physically every day during training like 200 pushups at a time, 100 sit ups, pull ups, 12 mile marches with 70 pound packs and 5 mile runs in 35 minutes. Forty-seven soldiers started and 14 finished after 20 days. Tanner was one of them. He had 9 days to heal the blisters on his feet, and calluses on his hands. Then he started the actual Army ranger course on March 1st at Ft. Benning, GA and will have 62 more days of the same type of training as in the pre-ranger course...food and sleep deprivation with physical and mental challenges along with succeeding in missions finding navigations points, night missions, and ambush scenarios. Only the elite make it to the end of the 62 days generally starting with 380 soldiers and 70 might finish. Tanner completed the first 20 days of the woodland course and has started the next 20 days in the mountain course. He will train for a total of 82 days and I have 100 days. I promised myself that for every day Tanner is working, training, learning, and completing courses, that I would ALSO be committed to my own workout at home. I have not missed one day of exercise since I started. I have been eating healthy and gained muscle. I have lost 16 pounds. I promised myself that when I show up for Tanner's graduation as an ARMY RANGER on May 1st, that I will have shown the same commitment as he has every day of his training. **Thank you Tanner, you are my inspiration!**