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## Working Out and Social Distancing During a Pandemic



Airman 1st Class JP Guyer, 116th Air Support Operations Squadron Tactical Air Control Party specialist, assigned to the Washington Air National Guard, performs a weighted lunge during a physical training test Aug. 9, 2019 at Camp Murray, Wash. (Photo by Airman 1st Class Mckenzie Airhart/194th Wing)

Military.com | By [Stew Smith](#)

In what will hopefully be needed only as a short-term solution to the exponential rise in COVID-19 cases in the United States, social distancing and isolating ourselves to prevent the spread are what make sense for now.



later, the latest count is more than 3,800 known cases and 69 deaths in the USA. (World stats are 175,000 cases/6,600 deaths.)

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As a fitness writer, the last thing I will do is offer medical advice during a pandemic.

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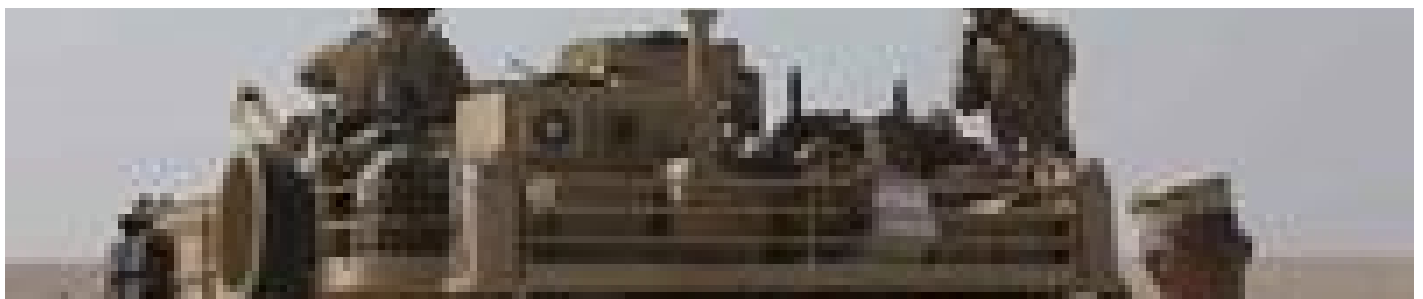
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# Marine Corps to Shut Down, Cut Back 7 MOSs as the Force Prepares for Change

Marines in several jobs will need to move into new fields -- or even other branches of the military.



## Army Private's Medal of Honor Sold for More than \$15,000 by German Auction House



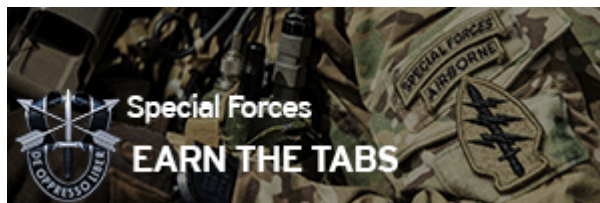
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