

2026 Fitness Challenge Coming February 1, 2026

The Los Angeles Police Relief Association (LAPRA) 2026 Fitness Challenge will kick off this spring with walking, running and cycling challenges with cash awards for winning individuals and teams — totaling \$100,000! Now in its 17th year, the Fitness Challenge brings active LAPD sworn and civilian employees together for fun, friendly competition to encourage movement and long-term healthy lifestyles.

“The 2025 Fitness Challenge was canceled due to the L.A. wildfires,” said Diane Whisnant, Executive Director of LAPRA. “So we’re excited to kick off the 2026 Fitness Challenge early next year.”

In 2024, 900 participants from 34 teams logged more than 435,000 miles in three virtual Activity Challenges – walking, running and cycling. The Activity Challenges will be back again in 2026 with four segments. Each segment will run for three weeks. Challenge participants will use the My Virtual Mission (MVM) mobile app to report the number of miles completed each day. Participants can send distances completed to the MVM website from apps or wearables such as Runkeeper, Strava, Fitbit and others.

The 2026 Fitness Challenge will begin on **February 1** and run through **April 25, 2026**.

Gather Your Team and Sign Up!

Team sign-ups for the 2026 Fitness Challenge begins **January 1** and ends **January 23, 2026**. All participants must be active LAPD sworn officers or civilian employees and be part of a team in order to compete for individual or team prizes. Each team must have a minimum of 20 sworn officers. More information including a 2026 Fitness Challenge Application and Fitness Challenge Terms and Conditions is available on the LAPRA website at LAPRA.org/challenge2026.html. ■



LAPRA
2026 FITNESS CHALLENGE

2026 Fitness Challenge Zoom Meetings

Attend a one hour Zoom meeting to review the Fitness Challenge Terms and Conditions and get answers to your questions about the 2026 Fitness Challenge. All Fitness Challenge participants are welcome to attend.

Join Zoom Meeting

<https://us06web.zoom.us/j/7650155012?omn=88941861008>

Meeting ID: 765 015 5012

- January 6 at 3 pm
- January 9 at 10 am
- January 14 at 9 am
- January 15 at 12 pm



Remember the Los Angeles Police Relief and Assistance Foundation During the Holidays

The Los Angeles Police Relief and Assistance Foundation (LAPRAF) provides financial assistance and other support to active and retired officers and their families who find themselves in dire financial circumstances. Whether it's helping with medical costs not covered by insurance or providing academic college scholarships to our children, the LAPRAF support may mean the difference between financial security or long-term hardship. Your donations ensure that the foundation can serve everyone in need and continue expanding these important programs.



Los Angeles Police Relief and Assistance Foundation

How Can I Donate?

- **One-time credit card donation:** You can make a secure credit card donation online. Go to www.lapra.org/lapraf-donation.html.
- **One-time or ongoing donation by pension payment deduction:** Send an email to LAPRAF@lapra.org to request a donation form. Scan your complete form and email it to LAPRAF@lapra.org. You can also mail your donation to the address below.
- **Donation by check:** Send an email to LAPRAF@lapra.org to request a donation form. Complete the form and mail it with your check made payable to LAPRAF to:

LAPRAF
600 N. Grand Ave.
Los Angeles, CA 90012

Consider including the foundation as part of your estate plan by designating the foundation as the beneficiary of either a specific legacy or a bequest that is a fixed percentage of your estate. For more information, email LAPRAF@lapra.org or call 213-674-3701. ■

Reminder About Qualifying Life Events

Life happens and sometimes you need to make benefit changes outside of Annual Enrollment. You can make changes to your benefits mid-year only if you have a qualifying life event, as defined by the IRS. Some examples of qualifying life events include:

- New Baby/Child
- Marriage/Domestic Partnership
- Divorce/End of Domestic Partnership

When you have a qualifying life event, you generally have 31 days from the date of the event to make your changes. *If you miss this 31-day window, your next opportunity to make changes is during Annual Enrollment, which is the month of May.* Any changes made during Annual Enrollment are effective July 1.

For more information visit www.LAPRA.org to view the LAPRA Eligibility Guide or email benefits@lapra.org. ■

LAPRA Wellness Program

LAPRA members and eligible adult dependents who are enrolled in a LAPRA medical plan have access to the LAPRA Wellness Program... **FOR FREE!** The program is designed to help you take control of your day-to-day health and develop healthy habits for a lifetime. Check out some of the great tools on the ShareCare platform for living your healthiest, happiest life:

- **A free gym membership** at more than 10,000 Prime fitness centers across the country.
- **Reveal your RealAge.** Take the RealAge® test to find out your body's "actual" age and how your lifestyle choices help you stay young - or make you age faster - than your calendar age.
- **Connect with a health coach.** A health coach can help you lose weight, be more active, quit smoking, manage your stress and more.
- **Ease your stress** and build healthier habits with the unwinding mindfulness-based programs.

- **Take your health to the next level.** Once you register for Sharecare, you'll unlock highly personalized content by "following" resources to drive healthier attitudes and behaviors.
- **Quarterly wellness challenges.** The LAPRA Wellness Program offers quarterly challenges to motivate and help you to create healthy habits.
- **Unlock your rewards.** Earn dollars redeemable in the Sharecare Marketplace by taking (or re-taking) the RealAge Test, self-attesting preventive care screenings, daily check-ins, and completing wellness challenges.

The LAPRA Wellness Program is free to active and retired members and their adult dependents 18+ who are enrolled in a LAPRA medical plan (Anthem PPO, Anthem HMO or Kaiser HMO).

To enroll eligible dependents, you must provide your dependent's SSN. Log in to www.LAPRALive.org to confirm that your dependent's information is up-to-date.



Get started by registering at <https://LAPRA.sharecare.com>. If you have questions about the program, call ShareCare, the wellness program administrator at 855-817-0647. ■



LAPRA Annual Meeting — December 9, 2025

The annual meeting of the Los Angeles Police Relief Association, Inc. will be held on December 9, 2025 at 9:00 am PT via Zoom.



Zoom Link: <https://us06web.zoom.us/j/82423186479?pwd=IYlhWx4GbmTOeeumcvdLaZSznJCCnE.1>

Zoom Meeting ID: 824 2318 6479

Passcode: 317657

The President of LAPRA will report on the general affairs of LAPRA and the Treasurer will report on LAPRA finances. ■

Annual Holiday Open House

**Join us for food, music and
raffle prizes!**

**Hosted by the Los Angeles Police
Protective League and Los Angeles
Police Relief Association**

Date: December 9, 2025

Time: 11 a.m. – 2 p.m.

Location: LAPPL Office
1308 W. 8th Street
Los Angeles, CA 90017

The GUARDIAN is a periodic publication for members of the Los Angeles Police Relief Association. All rights reserved. Members with specific concerns are urged to contact Diane Whisnant, Executive Director at dianew@lapra.org, and she will forward your concerns to the appropriate Director.

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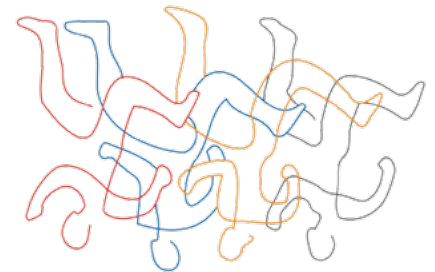
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**The 2026 Fitness Challenge
is coming February 1, 2026.
Look inside for details.**

LAPRA

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