



USAF *Get Up - Get Out - Get Fit*

FitFactor is the Air Force health and fitness program for youth and teens ages 6-18 years.

Get Up And Play! Earn Points! Win New Prizes!

FitFactor encourages youth to be active everyday and make healthy food selections part of their daily routine.

FitFactor offers youth and teens:

****Six exciting levels to complete****

****New Prizes at each level****

****Health and Fitness tips****

****Special promotions throughout the year****

Healthy habits last a lifetime so start early!

Family members can register too and be positive role models for our youth!

Get Up, Get Out, Get Fit!

www.afgetfit.com

Contact your Air Force Youth Center
for more info.



U.S. AIR FORCE