

FitFactor

USAF Get Up - Get Out - Get Fit

Have Fun! Earn Points! Win Prizes! Get Fit!

www.afgetfit.com



FitFactor Season 5
launches on 26 Sep 09

New prizes at each FitFactor level!
Get up and play for at least 60 minutes
every day to earn you FitFactor points!



It's never too late to join the fun!
Sign up now!
Check out all of the fun
activities planned at your
Air Force Youth Center!

FitFactor

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FitFactor is the Air Force health and fitness
program for youth and teens ages 6-18 years.
Contact your Air Force Youth Center for more info.