



DEPARTMENT OF THE AIR FORCE
HEADQUARTERS UNITED STATES AIR FORCE
WASHINGTON DC

MEMORANDUM FOR ALMAJCOM A1S

JAN 8 2010

AF/A1S
201 12th Street South, Suite 413
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SUBJECT: Air Force Services Family Fitness and Wellness Initiative - Air Force FitFamily

Air Force Services family fitness and wellness initiative, *FitFamily* begins its inaugural year via a worldwide party on 30 January 2010 as an integral component of the Year of the Air Force Family. All installation Child/Youth Programs and Fitness Programs are urged to: 1) Advertise the USAF *FitFamily* website; 2) Partner together and plan six *FitFamily* events throughout the year; and 3) Incorporate *FitFamily* into already planned Year of the Air Force family events.

FitFamily encourages the ABC's of wellness:

- A is to plan Activities that include all family members
- B is to Build healthy habits that will last a lifetime
- C is to Count progress; small steps each day make a huge difference
- D is to schedule Day trips, game nights and fun time to foster togetherness
- E is to Encourage healthy Eating and cooking as a family
- F is to have Fun as a Family while creating healthy habits

Families can register as a team at www.USAFitFamily.com when the site goes live on 30 January 2010 to earn points and achieve levels for participating in Family Fun Activities, Family Sports and Fitness and Family Nutrition. Recognition is provided at each level to encourage families to continue on the path of wellness. The *FitFamily* program encourages Air Force Families to make healthy lifestyle choices and provides resources and tips in an effort promote overall family fitness.

FitFamily will be a visible part of the Year of the Air Force Family and is an important component of the overall Air Force fitness and health initiative. The Air Force *FitFamily* program will be open to all active duty, Air Force Reserve, Air National Guard and DoD civilian families. Thank you for all your support as Air Force Families Get Up, Get Out and Get Fit - Together!

CHARLES E. MILAM
Director of Services
DCS/Manpower, Personnel and Services

Cc: ALMAJCOM A1
AFSVA/CC