

FitFamily Wants to Help You **ELIMINATE STRESS**



**CREATE A LIFESTYLE
THAT DOESN'T FEED
ON STRESS, BUT IS
RESISTENT TO IT!**

If you're using FitFamily, you're already on your way to building a healthy lifestyle and a well-balanced diet. In June, when you visit usafFitFamily.com, you'll learn about ways to eliminate stress from your life.

You'll find great suggestions to clear your mind and organize your life. With positive changes to your outlook on life, stress will be reduced and your happiness will increase.



USAF
SERVICES
Combat Support & Community Service

Visit usafFitFamily.com today!