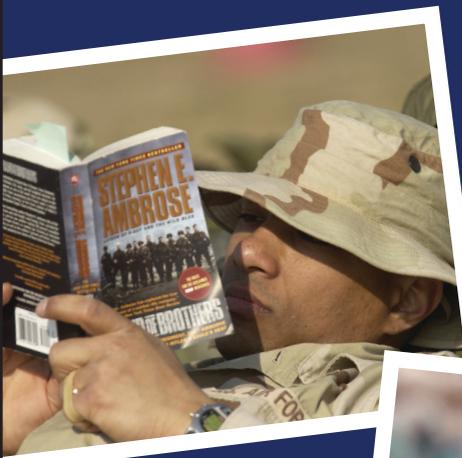


FitFamily Wants to Help You **ELIMINATE STRESS**



- Think positively
- Eat healthy
- Exercise regularly
- Help a friend
- Take a drive
- Plant flowers
- Simplify your life
- Be grateful
- Organize your desk
- Go on vacation
- Enjoy the outdoors



Get up. Get out. Get fit.
Together.

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.



Visit usafFitFamily.com today!