

# 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](http://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](http://usafFitFamily.com) today!**



U.S. AIR FORCE

USAF  
**SERVICES**  
Combat Support & Community Service



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

