

# It's SUMMER FUN TIME

JULY IS THE TIME TO GET MOTIVATED!

[www.usafFitFamily.com](http://www.usafFitFamily.com)  
is the place to start!



The FitFamily website is packed with fitness articles, tips, healthy recipes, and resources on how to get moving and get fit! It's perfect for family's of all sizes!

## JULY IS DOUBLE POINTS MONTH!

Haven't joined Goal Tracker yet? Now is the time. FitFamily Goal Tracker is a great way for all members of your family to get involved and keep motivated. Set goals, earn points by doing activities and get recognized for your achievements!

But remember, no matter what activity you choose, it's important to just...Get Up....Get Out...Get Fit...Together!



USAF  
**SERVICES**  
*Combat Support & Community Service*