

Have you been putting off getting fit?

Do you want to improve your family's habits?

Are you looking for ways to have fun as a family?



It's SUMMER FUN TIME

JULY IS THE TIME TO GET MOTIVATED!
www.usafFitFamily.com is the place to start!



Get up. Get out. Get fit.
Together.

July is the perfect month to get outside and celebrate with family and friends. The 4th of July is a time for block parties, cookouts and parades! Get your family involved and check to see what is happening in your community.

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!

**Attention FitFamily Goal Tracker participants:
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!

Here are some suggestions to get you moving:

- Volunteer at the Independence Day Parade
- Go for a family hike and picnic (find healthy recipes on www.usafFitFamily.com)
- Arrange a neighborhood cookout with family activities
- Ride your bike to the firework display

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



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Visit www.usafFitFamily.com today!