

# KEEPING YOUR FAMILY FIT THROUGH THE SEASONS

Yes, Fall is just around the corner but that doesn't mean it's time for your family to fall out of shape. Your base offers a variety of ways to stay fit.



Get up. Get out. Get fit.  
*Together.*

## DON'T "FALL" OUT OF SHAPE

Don't forget the bowling centers, golf courses, or your base's sports programs.

**The Youth Center always has fun fitness programs.**

You'll never get bored with all they have to offer. Just stop by to check out their schedule.

**Adult Fitness Centers have programs available for all fitness levels.**

There's something for everyone: yoga, Pilates, boot camp training, aerobics, dance, or gymnastics just to name a few.

**Check out the Outdoor Recreation program.**

As the weather turns cooler camping is a great way to keep active. Outdoor Recreation offers all types of camping gear plus boats, bikes and more all for rent at reasonable prices.

**And, remember the FitFamily website is always there to help you.**

You can monitor your family fitness progress with GoalTracker, find healthy recipes or the latest fitness tips. We're there beside you every step of the way with tons of information and advice to keep you fit.

**A change of season is the perfect time for a change of lifestyle. Let FitFamily help. Join the website today.**



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