

JUST BECAUSE SUMMER IS OVER DOESN'T MEAN FAMILY FITNESS IS OVER!



U.S. AIR FORCE

USAF
SERVICES
Combat Support & Community Service

- Encourage walking or biking to and from school.
- Provide healthy snacks and lunches to your children.
- Support your kids' involvement in after-school activities.
- Be a healthy-eating role model. Make sitting down for a healthy family dinner a priority.
- Make sure your kids get plenty of sleep to boost their body's natural immune defenses.
- Invite your kids' school friends along for fun family activities to keep you fit.

usafFitFamily.com