

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

It's important to continue to be an active family throughout the school year. So parents, continue to set that active example with these back-to-school family health and fitness tips.

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



Get up. Get out. Get fit.
Together.



CHECK OUT THE AIR FORCE BIRTHDAY CELEBRATION IN YOUR AREA AND REMEMBER TO ENJOY IT AS A FAMILY!



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