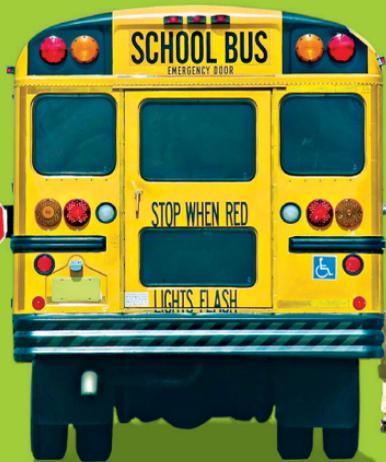


JUST BECAUSE SUMMER IS OVER DOESN'T MEAN FAMILY FITNESS IS OVER!

- 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.



Get up. Get out. Get fit.
Together.



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