

# THE HOLIDAYS ARE COMING.

Stay Active. Stay Healthy.

USAFitFamily.com can help.



Fit Family provides your family with tons of ideas to help you stay active during the holidays.

Check out our site. It's filled with information and fun ways to keep your family active. Try a quiz. Read fitness tips. Attend a webinar. Sign up for fitness ideas.

USAFitFamily.com provides your family with healthy holiday recipes.

You'll find an archive filled with healthy holiday recipes. Or share some of your own. We'd love to post them on the site.

## Join Goal Tracker.

Enjoy family activities together and receive points and recognition as a family. Go to the website to see how our top point earners keep motivated.

## We want to hear from you.

Answer our monthly "Let's Talk" question and help us better understand what motivates your family!

**It's all on USAFitFamily.com to help your family stay healthy, happy and wiser this holiday season.**



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



USAF  
**SERVICES**  
Combat Support & Community Service