



USAF FitFamily has created a tool to help you and your family get into the best shape of your lives!



NEW!

Introducing USAF LivingFit: a simple, easy-to-use, weight loss program designed just for you.

We know you're busy — the USAF FitFamily LivingFit program can fit your lifestyle and needs. Create a plan. Follow it. Lose weight. It's that simple. Menu plans and weight loss tools are available!

Sign up today!

www.usaffitfamily.com

LivingFit is one of the many invaluable fitness resources brought to you by USAF FitFamily!