



# **Fit Factor**

**USAF**    *Get Up - Get Out - Get Fit*

**Have Fun!**  
**Earn Points!**  
**Win Prizes!**

**A new Air Force fitness program for youth between the ages of 9 and 18!**

**The first round of action starts 1 Oct. 05 -  
but it's never too late to join!**

**Visit or call your Air Force Youth Center  
for more information.**

**[www.afgetfit.com](http://www.afgetfit.com)**

**PRESENTED BY: USAF SERVICES**  
Combat Support & Community Service