

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

Earn a Chance to  
Win A Wii or a  
Wii Game!



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

**www.afgetfit.com**



**FitFactor Season 5**  
New season now underway



New prizes at each FitFactor level!  
Get up and play for at least 60 minutes  
every day to earn you FitFactor points!



It's never too late to join the fun!  
Sign up now!

Visit the Seymour Johnson  
Youth Center to find out about  
our many great activities!



**722-0502**

**FitFactor**  
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FitFactor is the Air Force health and fitness  
program for youth and teens ages 6-18 years.  
Contact Seymour Johnson AFB Youth Center for more info.