

## **Get fit with your family**

*Participate in the RFC's Family Fitness Fair on Feb. 1 to take home fitness and nutrition tips, learn to make a healthy snack and enter for a chance to win door prizes*

Jan. 20, 2008

There is strength in numbers – so bring the whole family to the Recreation and Fitness Center (RFC) on Feb. 1 for the first ever Family Fitness Fair.

At the Fair, SAS employees and their children can take a walk through an interactive fitness and nutrition pyramid, make a healthy snack, receive a fitness gift and have a chance to enter a drawing for a variety of great door prizes, including a Trixster X-Bike.

The Fitness Coordinator at the RFC says she hopes that attendees will take home at least one new fitness or nutrition tip or idea, learn about all the upcoming family activities the RFC has to offer in 2009 and find out about fitness opportunities within the community that are available to SAS families.

The event is Sunday, Feb. 1, 1:30-3:30 p.m. and will be followed by a special family swim at the natatorium, 3:30-5:30 p.m. Registration is free; however you must register by Friday, Jan. 23.

Contact the [Recreation and Fitness Center team](#) to register or find out more