

# Supporting Military Families Free fitness benefits and more.



[www.fitness.gov](http://www.fitness.gov)

The President's Council on Fitness, Sports & Nutrition have teamed up with Joining Forces to support military families by offering free personal training and gym memberships to Reserve and National Guard service members and their families during deployment.

By combining personal training with time in the gym, service members and their families have the opportunity to get fit the right way!

Members of the President's Council will support Joining Forces and *Let's Move!* by meeting and inspiring military youth and families at events across the country. Council members will promote the Presidential Active Lifestyle Award (PALA) to recognize and reward kids and adults who achieve their recommended daily physical activity goals.



"It's not just about race car driving, or being a soldier, or relieving stress. It's about doing something for yourself and staying fit."

**Carl Edwards** is a member of the President's Council on Fitness, Sports & Nutrition and a decorated NASCAR driver.

## About the President's Council on Fitness, Sports & Nutrition

The President's Council on Fitness, Sports & Nutrition (PCFSN) promotes healthy lifestyles through fitness, sports, and nutrition programs and initiatives that educate, engage, and empower all Americans. PCFSN is a committee of volunteer citizens appointed by the President who serve in an advisory capacity through the Secretary of Health and Human Services. For more information about PCFSN, visit [www.fitness.gov](http://www.fitness.gov).

## About Joining Forces

Joining Forces is a comprehensive national initiative that mobilizes all sectors of society to give our service members and their families the opportunities and support they have earned.





## FAQs

### 1. Who is providing these benefits to service members?

The free personal training and gym memberships are being generously donated by the members of the American Council on Exercise (ACE) and the International Health, Racquet and Sportsclub Association (IHRSA). ACE is the largest nonprofit fitness certification, education and training organization in the world with nearly 50,000 certified professionals. IHRSA is the trade association serving the health and fitness club industry, with nearly 9,000 member clubs in 75 countries.

### 2. How does Joining Forces support service members and their families?

Joining Forces brings attention to the unique needs and strength of America's military families. It inspires, educates, and sparks action from all sectors of our society—citizens, communities, businesses, non-profits, faith based institutions, philanthropic organizations, and government—to ensure Veterans and military families have opportunities, resources, and support. It also showcases the skills, experience, and dedication of America's Veterans and military spouses to strengthen our nation's communities, while creating greater connections between the American public and the military.

### 3. What is the new Joining Forces and PCFSN fitness industry effort?

ACE and IHRSA have stepped up to the plate in support of Joining Forces and PCFSN to offer free personal training and gym memberships to Reserve and National Guard Service members and their families during deployment.

## Eligibility

### 1. Who is eligible to receive free personal training and gym memberships?

Reservists and National Guard personnel and their immediate family members when the Reservist or Guard Member anticipates deployment within the next six months, is currently deployed, or has returned from active deployment within the last six months are eligible. Service member IDs and a copy of recent orders may be requested before participating in these offerings. Availability varies by club and may include spouses, teenage children, parents, or siblings.

### 2. How long will this fitness program be in effect?

Trainers are available for sessions until their donated time is consumed, while participating clubs are encouraged to offer 6 month memberships; however, it is important to contact the trainer and/or club to confirm the details and availability of their offer.

### 3. How do you find a participating club and/or trainer?

Visit: [www.healthclubs.com/joiningforces](http://www.healthclubs.com/joiningforces) to find a participating club and view the details of their offer, as well as [www.acefitness.org/joiningforces](http://www.acefitness.org/joiningforces) to find fitness professionals offering free personal training and instruction.



## Earn the Presidential Active Lifestyle Award: Activity + Nutrition (PALA+)

PALA+ promotes physical activity AND good nutrition, because it takes both to lead a healthy lifestyle. PALA+ is a six-week program where children engage in 60 minutes/adults 30 minutes of physical activity per day, five days a week, and commit to one new healthy eating goal each week. To start PALA+, visit [www.presidentschallenge.org](http://www.presidentschallenge.org)

