

**National Association for Health & Fitness**

**We Want You!**



~~Was \$50.00~~

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**\$39.99**



NAHF was founded in 1979 by the President's Council on Physical Fitness and Sports and believes that America shares in the social, economic, health and environmental benefits that arise from living an active lifestyle. Our mission is to improve the quality of life for individuals in the United States by promoting and advocating for physical fitness, sports and healthy lifestyles; championing environmental and policy support for active living; and encouraging and sharing innovation in each State and Territory. We champion active living, community involvement, quality physical education in our schools; state-of-the-art workforce health promotion programs; active-aging programs; and partnering in the development of the United States Physical Activity Plan.

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