



Dear MFA Family,

As we identify as an industry of medical fitness, we are really in the business of healthy social connection. The most successful among us have learned this and fortify it regularly.

Currently, COVID-19 is preventing us from delivering this benefit as before and we have rallied around alternate means of connecting.

As our states look to reopen for business, we need to remain vigilant regarding public health and safety while thoughtfully planning for our new normal.

As leaders in this industry, we must continue to be advocating healthy living, connect with our peers, teams and members and most of all retain some sense of humor and navigate this as authentically as we can. Sometimes we can fake it until we make it. Sometimes we can't. But we can lean on each other and use our MFA resources and partnerships.

More than ever, I am grateful to have the MFA network. The friendships, expertise and support shared through this pandemic have kept me balanced, informed and connected.

As we see our way out of this crisis, we will be more needed than ever. You provide the best-in-class opportunities for physical activity, immunity boosting nutrition and healthy social connections.

Thank you all for contributing to this organization because each of you enhances the spirit of the MFA.

Thank you all for choosing Medical Fitness as YOUR industry!

Jennifer

Jennifer Lavoie, MS, FMFA, CMFFD, ACSM/EP-C/CET
MFA Board Chair