



We Fit Families Website Opens Building Stronger Families 2009 Campaign

The We Fit Families site will feature women from across the world sharing their stories of previous weight loss woes as well as weekly diary entries, detailing their challenges and successes as they work toward their individual and family weight loss goals. In a members' only forum, website participants worldwide can share their own stories and tips, encouraging each other to persevere through the challenges of leading healthy lifestyles.

Aurora, CO ([PRWEB](#)) December 26, 2008 -- With 2009 approaching quickly, people everywhere are making their resolutions. One of the most common resolutions is to lead a healthier lifestyle. According to the US Dept. of Health and Human Services "Adults gain substantial health benefits from two and a half hours a week of moderate aerobic physical activity, and children benefit from an hour or more of physical activity a day". Unfortunately, only 31% of Americans report meeting that goal according to the 2006 National Center for Health Statistics.

Barbara Likos, owner of Chaotic Communications (<http://chaoticcommunications.com>), realized that mothers everywhere are looking for ways to set a healthier example to their family but often lacked the support or information necessary. As a mother of two boys, one a fulltime wheelchair user, she knows the struggles of trying to serve nutritious meals and find family activities that get everyone moving while enjoy their time together.

Passionate about helping other women achieve their families healthy lifestyle goals Barbara decided to create an online community for women to help others like herself. In December 2008, Barbara created the We Fit Families Forum (<http://wefitfamilies.com>).

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To encourage healthy activity with their children, the We Fit Families will discuss innovative fitness video games such as the Wii Fit and XBOX. From keeping active in the winter months to helping special needs children learn how to improve balance and control, We Fit Families will share stories about the many benefits of using games in their fitness routines.

The We Fit Families website launched December 20, 2008 with their "Building Stronger Families Challenge." Featured on the site are bloggers that will be highlighting their personal stories.

We Fit Families mission is to build a community of women and men supporting one another in their goals to help build healthier families in 2009. Join us now for the kick-off of We Fit Families-Building Stronger Families Challenge. Register at <http://wefitfamilies.com>.

For more information on this topic, or to schedule an interview with Barbara Likos, please call 303/886-6759 or email [info @ chaoticcommunications.com](mailto:info@chaoticcommunications.com).



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Online Web 2.0 Version

You can read the online version of this press release [here](#).