

The Blair Family

Parents: Heather and Scott

Children: Paige and Braxton

Club: Joint Base McGuire Dix Lakehurst

Location: McGuire AFB, New Jersey



Capt. Scott Blair, his wife Heather, and their children, Paige (age 11), and Braxton (age 10) have been in the USAF for the last 5 years and are currently stationed at Joint Base McGuire-Dix-Lakehurst in New Jersey. As a Medical Service Corp officer in the Air Force, Scott is currently with the 21st AMOS (Air Mobility Operations Squadron) where he is an aeromedical evacuation planner. Heather is an active volunteer on the Parent Advisory Board for their youth center and assists on school field trips with her children. Braxton is beginning his second year in baseball and Paige has begun track and is showing an interest in both drama and swimming. While at their 1st assignment, McConnell AFB in Wichita, KS, they were excited to get involved with the local youth centers which implement Boys & Girls Clubs of America programs. It was through this they learned about the Fit Family Challenge and started making adjustments to their lifestyle.

The Blair Family decided to team up for their second Fit Family Challenge in 2014/2015 – this time taking home the winning title. After a recent transfer from Kansas to New Jersey over the Summer, The Blairs found it slightly challenging to keep up with their new environment. To help them get back on track, the family of four decided to focus on family time while also making sure fun exercises and healthy fuel were part of their daily routine. As a team, the Blairs hope to inspire and motivate other families across the country to adapt healthy lifestyles and have fun doing so! It has been a blessing to be able to plug back into such a great program so quickly after arriving at their newest base.

From The Blairs: *“For us meal planning, grocery shopping and cooking dinner is a quality time spent together as a family. The more we do together and make it an enjoyable experience, the less it feels like work.”*