

Enter the Cook it Up Healthy Recipe Contest!



**Share Healthy Recipes.
Win great prizes.**

It's easy to enter and your chances of winning increase with each healthy recipe entry. Win great prizes like T-Shirts, Exchange movie tickets, iTunes gift cards, iPads and a chance to bring celebrity chef Herb Mesa to your base!

For contest and prize details,
visit USAFitFamily.com



Contest runs now through June 30, 2011. Enter often!