

**ENTER THE**

**FitFamily**

**COOK** ★  
**it up!** ★

Healthy  
Recipe  
Contest



and a chance  
to **WIN** the  
**GRAND  
PRIZE**

Celebrity Chef

**HERB  
MESA**

at your base  
for a day!

Celebrity Chef  
Herb Mesa will  
personally choose  
the winning  
recipe—and it  
could be yours!

For contest and prize details,  
visit [USAFFitFamily.com](http://USAFFitFamily.com)



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