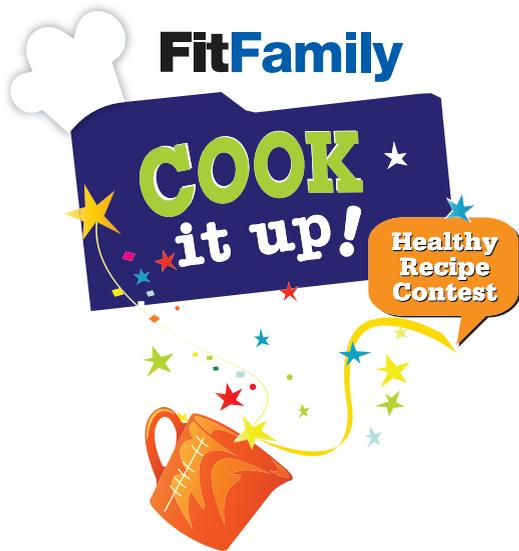


# Enter the *Cook it Up* Healthy Recipe Contest!



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



Get up. Get out. Get fit.  
*Together.*

## Share Healthy Recipes. Win great prizes.

It's easy to enter and your chances of winning increase with each healthy recipe entry. Enter now through June. For example, you can take Grandma's comfort food recipe and change it up to meet our healthy eating requirements (just don't tell Grandma), or create your very own healthy recipes! The options are unlimited – but time isn't, so don't wait!

## *Enter to win one or all prizes!*

There is something for everyone! You can enter as often as you like to win great prizes like T-Shirts, movie tickets, iTunes gift cards, iPads and a chance to bring celebrity chef Herb Mesa to your base!

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

