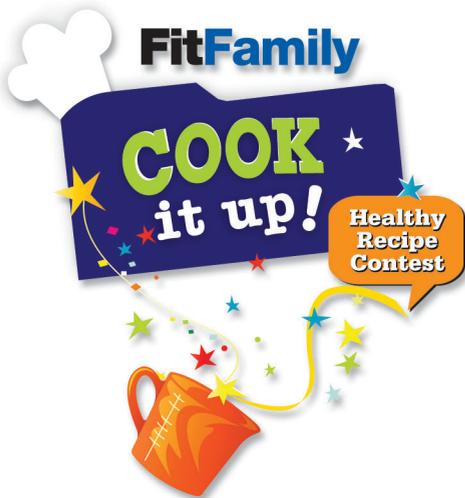


ENTER THE



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

.....
Celebrity Chef
**HERB
MESA**
at your base
for a day!



Get up. Get out. Get fit.
Together.

For contest and prize details,
visit www.usaffitfamily.com

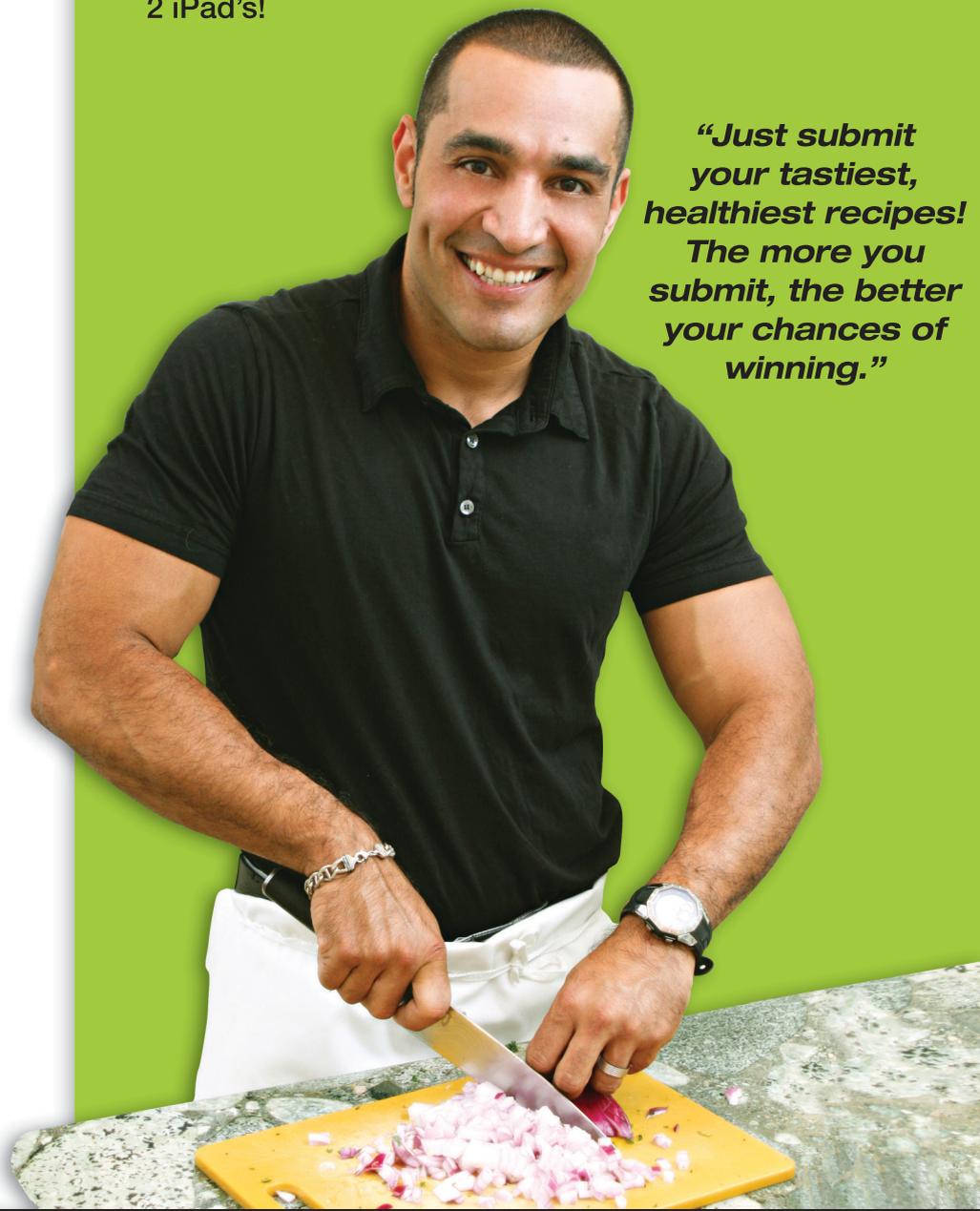
Contest ends June 30, 2011

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

Known as the “Energy Chef”, Herb believes in ‘balance through food and fitness’ where he combines his ability as a certified personal trainer and nutrition and wellness consultant with his love for nutritious, tasty food. You may have seen Herb on Food Network’s “The Next Food Network Star” where he was a finalist. Experiencing Herb’s unique brand of “energy” should be motivation enough to get those recipes in!

Plus, you can win other great prizes!

- Daily drawings for the “Air Force is my Life” T-Shirts
- Daily drawings for Exchange movie tickets
- Weekly drawings for \$25 value iTunes gift cards
- A drawing for 2 iPad’s!



“Just submit your tastiest, healthiest recipes! The more you submit, the better your chances of winning.”