

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!

For contest and prize details,
visit USAFFitFamily.com

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

*Contest
ends
June 30,
2011*



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!

For contest and
prize details, visit

