



OPERATION:

# BEFIT!

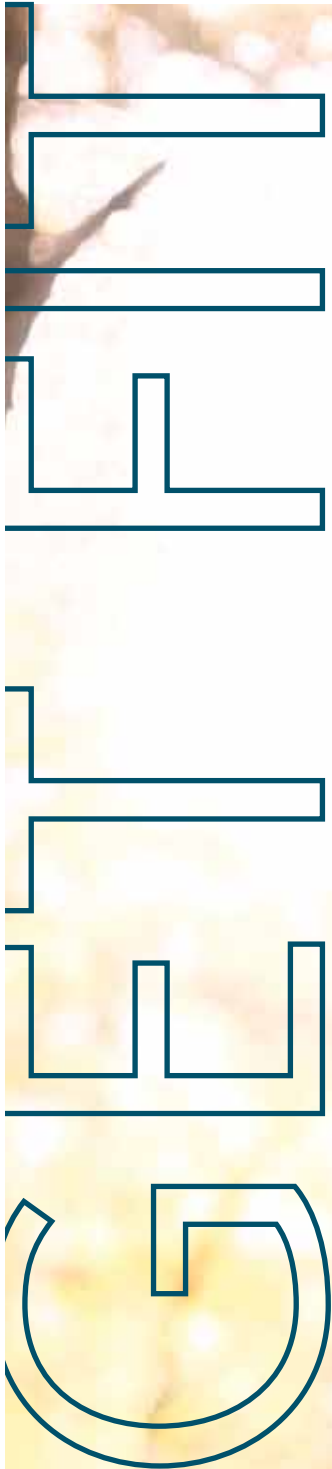
OPBEFIT.COM

YOUR 2012 GUIDE TO  
A HEALTHY LIFESTYLE

FALL 2012

Sale Dates October 1 thru October 15, 2012

NO SALES TAX!



## What's inside?

**Holiday Eating  
Survival Guide**

**Top 8 Stress Relievers**

**BeFit Q&A**

**Eat Your Vegetables**

**Power Yoga**



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**CPT KATE SCHRUMM**  
Exchange Staff Dietitian

Fall is a time for crisp cool mornings, falling leaves (and maybe snow) and holiday celebrations. It seems as if a quarter of our year is full of indulgent food temptations and events that compete with our exercise schedule. While it may seem impossible to get through these months without the dreaded holiday weight gain, if you find time to exercise, watch your portions and use these healthy cooking tips, you can make it through New Year's as fit as you started.

Days off during the holidays are a great time to be active with family and spend time together preparing healthy recipes that everyone will enjoy. Try these ingredient substitutions in your recipes to lower the calorie, saturated fat and cholesterol content and increase the vitamins, minerals and fiber.

IF THE RECIPE SAYS:	INSTEAD USE:
Butter, Margarine	Prunes
Oil	Applesauce or Prunes
Eggs	¼ cup egg substitute & 2 egg whites
Shortening	Trans-fat & saturated fat-free margarine
Seasoning Salt	Salt-free seasonings, herbs & spices
Heavy Cream	Evaporated skim milk
Sour Cream	Fat-free sour cream, plain low-fat yogurt, plain Greek yogurt or ½ yogurt / ½ low-fat cottage cheese
Dry Bread Crumbs	Rolled oats or bran cereal
Milk Chocolate	Chopped dark chocolate
Flour	Whole wheat flour or whole wheat pastry flour
Oil Marinades	Balsamic vinegar, fruit juice or fat-free broth
Sugar	Reduce sugar by ½, add nutmeg, vanilla or cinnamon to enhance the sweetness

**CHECK OUT THESE RECIPE MAKE OVERS:**

**Mashed Potatoes > Mashed Cauliflower**  
<http://www.myrecipes.com/recipe/cauliflower-green-onion-mash-10000001134035/>

**Pecan Pie > Lower Fat Apple Pie**  
<http://www.myrecipes.com/recipe/apple-pie-10000000263456/>

**Stuffing Mix > Homemade Stuffing**  
<http://www.myrecipes.com/recipe/bread-stuffing-10000000521453/>

**Canned Cranberry Sauce > Homemade Cranberry Sauce**  
<http://www.myrecipes.com/recipe/raspberry-walnut-cranberry-sauce-50400000116740/>

Visit [opbefit.com](http://opbefit.com) for Nutrition tips & recipes!

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# TOP 8 Holiday STRESS RELIEVERS

The holiday season can be a joyous occasion, but the good times can come with a price. Too often stress and high-calorie indulgences get in the way of all those healthy habits we spent the year trying to stick to. Don't let Thanksgiving and Christmas turn you into a flabby ball of hypertensive stress. Just follow our top tips for surviving the holidays, and you'll have a happier and healthier start to the new year.

**EXERCISE FIRST THING IN THE MORNING** If you normally exercise during your lunch hour or after work, holiday demands are likely to steal away that time. Instead make exercise the first thing you do when you wake up in the morning.

**EAT BREAKFAST** Multiple studies stress how eating breakfast is one of the easiest, sure-fire ways to lose weight. Not only does it keep you satisfied and give you energy, but eating breakfast also gets your metabolism humming for the day. This is important all year, but especially critical during the holiday season.

**SWAP PHYSICAL ACTIVITY FOR PARTYING** A lot of times during the holidays you spend time with friends and family catching up in the company of food and beverages. Instead of chatting over a glass of high-calorie eggnog, why not catch up with a walk? Or plan a hike, build a snowman or do another fun activity.

**DRINK WATER AND EAT SOUPS BEFORE BIG MEALS** Before diving headfirst into that turkey dinner or Christmas buffet, drink an eight-ounce glass of water or have a bowl of soup as an appetizer. That will help fill your stomach before you get to the high-calorie stuff.

**EAT SLOWLY (AND DON'T GO FOR SECONDS)** For big meals, eat your first portion slowly. Most people gobble down big holiday meals for social reasons more than hunger needs. If you eat slowly, chances are the other people are already stuffed by the time you're finished.

**DO HIGH-INTENSITY INTERVAL WORKOUTS** The holidays sap our free time, so why not get more out of less in the gym? If you usually do 45 minutes on a treadmill at a steady pace, try 20-30 minutes of intervals, where you work out intensely for a minute or so, rest, then do another intense bout of exercise.

**GIVE YOURSELF A BREAK** Stress from worry, guilt and other negative emotions can increase the hormone cortisol, which has a negative effect on your body. Don't be so hard on yourself if things aren't perfect during the holidays, and don't be a "family fixer" and try to solve everyone's problems. You're only human. Breathe deep and do your best.

**CONNECT WITH OTHERS WHO MAY BE ALONE** If your spouse is overseas or you're feeling lonely, volunteer at a soup kitchen or other charity. It will give you an amazing lift to help others in need. Or you can locate people who may be in a similar situation as you by checking out local community resources online and meeting up. 'Tis the season, after all. *By Dave Hawk*

**NIKE POWER HOUR**

**\$22 Ladies' Legend tank.** Assorted colors. Sizes S-XL.

**\$24 Ladies' Tempo shorts.** Assorted colors. Sizes S-XL.

**\$18 Ladies' cap.** Black or white. One size fits most.

**1982** 1989 1998 2001 2012

**THE 2012 990**

**ALLOW ME TO REINTRODUCE MYSELF**

COMPLETE BLOWN-RUBBER FOREFOOT FOR ENHANCED UNDER-FOOT FEEL  
LARGER EMBOSSED REFLECTIVE N  
ONE PIECE SADDLE CONSTRUCTION THAT REDUCES LAYERING  
MODERN DESIGN LINES AND CONSTRUCTION TECHNIQUES  
1/2 OUNCE LIGHTER THAN ITS PREDECESSOR, THE 993  
DECOUPLED ABZORB CRASH PAD  
COMPOSITE GRAPHITE ARCH TORSION SHANK

MADE HERE

Where the domestic content is at least 70% we have labeled them "Made in USA."

**New Balance Celebrates Its Homemade Footprint** Global athletic leader New Balance is proud to announce the launch of the New Balance 990, an iconic style that is the latest edition of one of the longest-running athletic shoe series in the industry. The 990, an updated version of the original 990 debuted 30 years ago in 1982. The 990 has a cult following: according to New Balance officials, it was favored by Steve Jobs, and has also been worn by the actors Ben Affleck, Jennifer Garner and Hilary Duff, among others.

"The 990 truly showcases our American shoemaking craftsmanship at its finest," says Eric Vassall, senior product manager at New Balance. "The 990 continues to provide the perfect blend of cushioning and stability for runners and is also the ideal balance of old-school style and modern design for our most discerning lifestyle consumers."

New Balance made its first pair of running shoes in 1938, and today holds the distinction as the only company that still manufactures athletic shoes in the U.S. New Balance employs 1,300 associates across five New England facilities to produce a quarter of the brand's U.S. footwear shipments each year.

New Balance has proudly maintained the same principles it was founded upon: superior customer service, a strong commitment to American workers and domestic manufacturing, and leadership in product fit and technological innovation.

**\$32 Mens' Super Nova tee.** Blue/Orange. Sizes S-XL.

**\$20 Mens' Max training tee.** Grey/Orange. Sizes S-XL.

**\$48 Ladies' ADIFIT jacket.** Bright Pink/Sharp Grey. Item W54829

**\$24 Ladies' Sequentials heathered tee.** Dark Grey/Bright Pink. Item W60816

**\$32 Mens' Trefoil tight.** Black. Sizes S-XL.

**\$20 Mens' Max training shorts.** White. Sizes S-XL.

**\$40 Ladies' ADIFIT three-quarter tight.** Black/Bright Pink/Turbo. Item W64860

# BeFit Personal Trainer

**Q:** I'm in my 40s and in military service. My life is very demanding and my job causes me a lot of stress. Though I'm in the military, my current duties do not allow me the time and freedom to exercise as much I'd like, if at all. I'm concerned about long-term health, mostly because heart disease runs in my family. Are there any supplement suggestions that could help me reduce stress?

**A:** There are a few natural supplements that help reduce stress but nothing is better for you than daily cardio training sessions of 20 to 40 minutes performed at least once every other day. In order to live a longer, healthier lifestyle, it's important to schedule "me" time. Daily cardio training will not only boost your metabolism and growth-hormone levels, it helps your body burn calories and body fat for hours after your workout. Cardio training also helps support a more positive outlook and reduces the stress hormone cortisol. Cardio training triggers the brain's production and release of endorphins, a neurochemical that serves as the body's natural painkiller and stress reducer. Endorphins are what produce what's known as the "runner's high".

We all have heard how supplementing with omega-3 fatty acids, found mostly in fish oil, can help reduce risk of heart disease and diabetes. Recently, Ohio State University found that omega-3s can also help reduce stress and depression as well. In a 12-week study with 68 medical students, the OSU researchers found that students who supplemented with 2,500mg per day of omega-3 fatty acids reported a stress reduction of 20% compared to a placebo group. That's huge.

Researchers have found that omega-3 greatly reduces the production of inflammation-causing cytokines, which helps elevate mood and feelings of well-being.

The New England Journal of Medicine has found a direct link between regular exercise and longevity, so it's well worth the effort to find a way to get moving, despite the demands of your duties.

*By Dave Hawk, a former Mr. USA and Mr. World, and a consultant, personal trainer and adviser to NFL, NHL, UFC, WWE, TNA and NASCAR athletes.*

For more BeFit Personal Trainer Q&A's by Dave Hawk, visit us at [opbefit.com](http://opbefit.com).

# DEEP TISSUE MASSAGE

The Wahl Deep Tissue Percussion massager supports active lifestyles by offering both all-around and targeted muscle relief. It specializes in reaching severe tension far below the surface of the muscle. Its combination of superior power – up to 3,350 pulses per minute – four interchangeable heads and a variable intensity control allows for a heavy-duty massage and customized relief.

Four interchangeable heads marks unique difference against the competition: Four finger flex has soft finger like nodes. The Accupoint targets deep into tissue. The Raised Bump offers a wide surface for covering large areas and the Soft Rubber Head is great for creating a gentle massage.

This product is recommended for individuals who experience consistent pain, heavy physical activity, or have a physical injury.

**Deep-Tissue Percussion Therapeutic Massager**

Relieve Pain & Fatigue

Variable Power Gentle to Intense

Up to 3,350 Pulses per Minute

4 Attachments Customize your massage experience

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**50¢ off**  
Quaker Quakes.  
3 to 3.5-oz. Assorted.



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**EXCHANGE STORE COUPON**  
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**50¢ off**  
on SUNCHIPS® Multigrain Snacks. (Any Variety, 6.5-oz. or Larger).



TO OUR CUSTOMER: Coupon good only on indicated product. LIMIT ONE COUPON PER CUSTOMER. COUPON NOT TRANSFERABLE. Any other use constitutes fraud. Customer pays sales tax. TO OUR DEALER: Frito-Lay will reimburse the face value of this coupon up to \$50 plus 8 cents for handling provided all the terms have been complied with. Submission for reimbursement represents compliance. Offer good only in the U.S.A. or Puerto Rico. Submissions honored only from retailer selling our product(s) indicated on the coupon unless authorized in writing by Frito-Lay, Inc. Cash value 1/20 cent. Mail coupons to: Frito-Lay, Inc. CMC Dept #2840, One Fawcett Drive, Del Rio, TX 78840. LIMIT ONE COUPON PER PURCHASE. Void if copied or sold and where prohibited, licensed or regulated. NO DOUBLING. All trademarks are owned by Frito-Lay North America, Inc. © 2012.

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**30¢ off**  
Any Fuze Brand Beverage. Assorted.



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**79¢ off**  
Snak Club Nut and Fruit mix. Best Value size. Assorted.



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**EXCHANGE STORE COUPON**  
Valid October 1 - October 31, 2012  
Redeemable only at Army & Air Force Exchange locations.

**\$1 off**  
Snak Club Nuts. Super Value size. Assorted.



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Scan this QR Code to get nutrition tips online at [opbeefit.com](http://opbeefit.com)

# EAT YOUR VEGETABLES

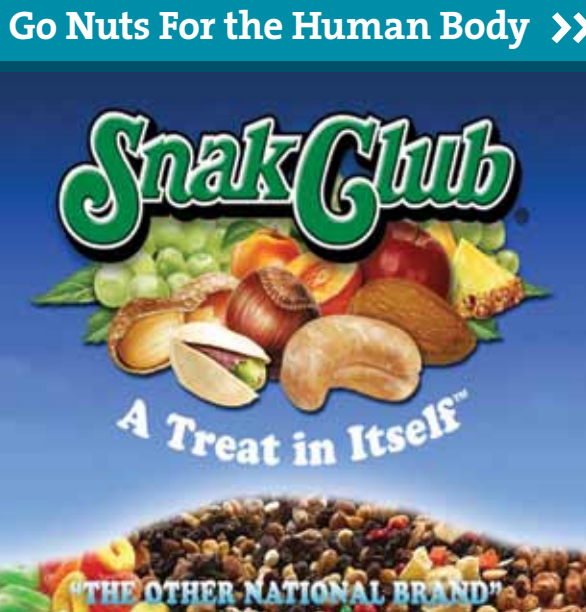
Eat your vegetables! We all grew up hearing that from our parents. For some of us, that is easy. However for others, especially our children, it is quite a chore. Even when they do eat them, it tends to be canned vegetables which are packed with sodium and countless preservatives that sit on a shelf for who knows how long.

A great way to change the way you and your family go about getting their vegetables is to try growing them at home! You will save money by either buying a pack of

seeds or simply planting the actual vegetable; which will merit many more to come. In addition, it is an excellent way to get your family involved in eating healthy. If your kids are hesitant to eat their vegetables, they may be more open to it if they are a part of the process of growing them at home. Make sure to pick vegetables that grow well in your specific area. Seeking the help of your local agricultural extension office will provide you with a plethora of research and knowledge. Happy farming!

*Christina Carrillo*

**Go Nuts For the Human Body** >>



**Snak Club**  
A Treat in Itself™  
THE OTHER NATIONAL BRAND™

Eating nuts regularly is not only tasty but also healthy. Almonds, hazelnuts, peanuts, pecans and pistachios are among the nuts that may reduce the risk of heart disease. They're rich in protein, fiber, magnesium, antioxidants such as vitamin E, and unsaturated fats like omega 3, which have been shown to lower LDL cholesterol.

Snak Club trail mixes include nuts along with nutritious raisins. Most trail mixes contain 2 servings of raisins, equivalent to 1/2 cup of fresh fruit. Your body's well-being is rewarded with the following advantages of snacking on raisins. Increased energy levels because of their high natural sugar content; fiber content absorbs water to aid digestion; good source of calcium to enhance bone health; and provide protection against free radicals with their polyphenolic antioxidants.



**UNREAL REFRESHMENT.**

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## LAYERED PUMPKIN PARFAIT

by Christina Carrillo

*This pumpkin parfait encompasses the taste of pumpkin pie without the extra sugar, fat and calories!*

Pumpkin Pudding:	Crisp:
• 1 C of 100% pure pumpkin	• ¼ C ground almonds
• ½ C almond milk	• ¼ C whole wheat flour
• 1 Pack of sugar free vanilla pudding	• ½ Tsp cinnamon
• 1 Tsp vanilla extract	• 1 Tbsp Agave nectar
• 1 Tsp sweetener (such as Truvia)	Mix all ingredients. Spread onto greased
• ½ C fat free cream cheese	cookie sheet. Bake 5-10 minutes at 350°
Mix all ingredients. Add cinnamon and	until "crisp." Cool completely before layering
nutmeg to taste. Refrigerate pudding while	with pudding. Alternate pudding and crisp,
making crisp.	2 to 3 layers, in a serving bowl or cup.



**Nestle** **3<sup>99</sup>**  
Plus deposit where required.

**Pure Life**

This item is not available in Europe.

## Nutrition Tips

- 1 Start your morning off right and eat breakfast every day. You will be less likely to overeat later in the day.
- 2 Have low-fat, low-sugar snacks on hand at home, at work, or on the go to combat hunger and prevent overeating.
- 3 Select a mix of colorful vegetables each day. Vegetables of different colors provide different nutrients.
- 4 Seasonal Fall vegetables, such as acorn squash, cherry tomatoes, sweet potatoes and collard greens are packed with vitamins and minerals.
- 5 Choose whole grains more often. Try whole-wheat breads and pastas, oatmeal, brown rice or bulgur.
- 6 Popcorn is a whole grain and can be a healthy snack. Be sure to make it with little or no added salt or butter.
- 7 Share your meal or order a half-portion. Try a healthy appetizer (grilled or steamed seafood or veggie salads) as a main meal.
- 8 Eat slowly. It takes about 20 minutes for your brain to realize that your stomach is full.

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FOR THE HOME



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3-oz. Assorted.



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For any 2 pieces of fresh fruit.



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Purchase of any two 16-oz. Salsas. Assorted.



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Now serving great tasting instant oatmeal.

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NO PRESERVATIVES

< MADE WITH >



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**Wii**  
**99<sup>95</sup>**  
Fit Plus with Balance Board.

**19<sup>95</sup>**  
Fit Plus software.



**Wii**  
**\$149**  
Console bundle with Super Mario Bros. game and bonus CD. Black.



**Wii**  
**19<sup>95</sup>**  
Remote Plus. Black.

# POWER YOGA



Yoga is not just for flexibility and relaxation. It can be a very intense workout because it uses nontraditional forms of movement. Here is a full-body workout using some powerful yoga poses. With these movements working so many muscles in so many different ways, you will virtually hit every muscle in your body!

### Warm Up Rotation

**1. Plank:** You will start in a plank position and hold. Planks are best performed on only elbows and toes, but by lifting onto your hands and/or dropping to your knees you can make it easier for yourself. Start by holding for 15 seconds, working your way up to 30-45 seconds.

**2. Side Plank:** You will then turn to your side and hold this side plank by only having one elbow on the floor and both feet stacked up on each other. Hold this plank for 15 seconds, working your way up to 30-45 seconds, before switching sides. Be very sure to keep your hips up and in line with your body which will engage your core much more. Repeat this rotation for four sets.

>> **Side Plank Modification:** A great way to make this plank a little harder is to raise the top leg straight in the air and the arm (that is not on the ground) straight up as well.



**Lower Body Rotation**  
**1. Hip Thrust:** It's not over yet! Now lie down on your back and let's work that lower body! Flex your knees up and place your hands next to your rear end. You'll then lift up your hips as high as you can, up in the air, into what is called a hip thrust. Perform this action slowly and controlled, making sure to flex your gluteals and hamstring muscles each time. Repeat 15 times.



**2. Single Leg Hip Thrust:** After those 15 repetitions, extend your left leg straight into the air and do the same movement but with only one leg. This way you isolate those muscles and make one side do all the work. Repeat 15 times before switching legs.

### Upper Body Rotation:

**1. Downward Dog:** After those four sets, you will be getting pretty tired but now it's time to work your upper body! You'll begin this set in either plank or modified plank. You will then go into a downward dog position and hold for 10 seconds.



**2. Chaturanga:** From Downward Dog, drop your body by bending your elbows and bringing your body close to the floor into a tricep pushup, also known as the Chaturanga pose, for a 5 second hold.



**3. Cobra:** From Chaturanga, you will drop to the floor and propel up into a cobra pose. Repeat this entire combination for four sets of 10 complete reps and work your way up to 15 repetitions.



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**17<sup>99</sup>**  
Altus Cathe Yoga Mat with DVD. Pink or blue.  
• soft, lightweight foam mat  
• nonslip surface holds mat in place and provides barrier protection

**PRO-FORM**  
**8<sup>99</sup>**  
Latex Exercise Band.



**PRO-FORM**  
**12<sup>99</sup>**  
Adjustable Toning Set.



**PRO-FORM**  
**22<sup>99</sup>**  
Yoga Home Practice Kit.



**PRO-FORM**  
**21<sup>99</sup>**  
Exercise Mat.



**PRO-FORM**  
**10<sup>99</sup>**  
Perform Pilates Starter Kit.



SAVE 20%

**31<sup>99</sup>**  
Reg 39.99  
Team Training Duffel Bag. Medium. Black or blue.



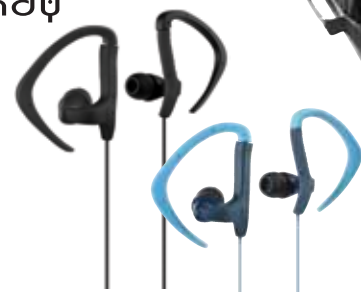
SAVE 20%

**24<sup>99</sup>**  
Reg 31.99  
Victory Duffel Bag.



Skullcandy

**14<sup>99</sup>**  
Chops Earbuds. Assorted styles and colors. Selection may vary by location.



**129<sup>99</sup>**  
In-Ear PowerBeats Sport Headphones by Dr. Dre. Black or red.



**\$89**  
In-Ear 2 Audio Headphones with StayHear tips. Black. CS27J. Also available online.

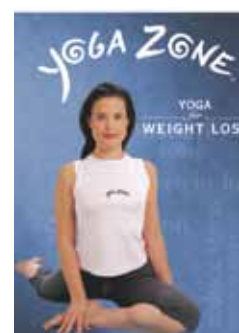
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**GAIAM**  
**25<sup>95</sup>**  
Yoga Beginner's Kit. Item B874Z



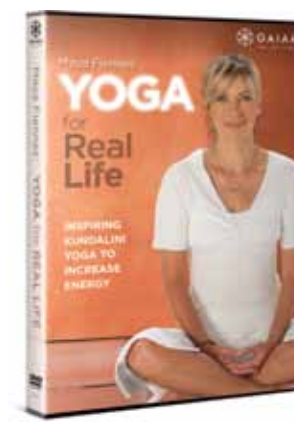
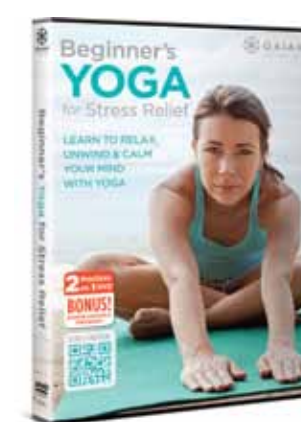
**9<sup>95</sup>**

Nonslip Yoga Socks. Item B875F-S/M B875G-M/L



**9<sup>95</sup>**  
Yoga Zone - Yoga For Weight Loss (Beginners)

### SELECT FITNESS DVD TITLES \$11.95



## 5 Common Sleep Problems – the Solution May Rest in Your Mattress

We all have trouble sleeping from time to time, but the causes of poor sleep can vary from one person (or couple) to the next. For instance, you may toss and turn while your partner may sleep too hot. So finding the right mattress to meet everyone's specific sleep needs can be a real challenge. What if there was a mattress designed to address the most common causes of poor sleep?

If you commonly experience one or more of the five common sleep problems listed below, it may be time for a new mattress:

- Tossing & Turning
- Lack of Support
- Mattress Roll-Off or Sag
- Sleeping Too Hot or Too Cold
- Partner Disturbance

The Serta Perfect Sleeper® is the Only Official Mattress of the National Sleep Foundation, engineered to help solve these 5 common sleep problems. Plus, every Perfect Sleeper mattress comes with an educational brochure from the National Sleep Foundation with helpful tips on how to improve your sleep.

**#1 Mattress Company in America**  
Available at your local Exchange  
Choose comfort and price that meet your needs!

<p><b>Simply Perfect</b> FOR THE HOME</p> <p>Four Comfort Choices mattresses as low as \$99</p>	<p><b>Serta</b> perfect sleeper</p> <p>Three Comfort Choices between \$599 - \$1,349</p>	<p><b>TRUMP</b> HOME</p> <p>Three Comfort Choices between \$974 - \$2,199</p>	<p><b>iComfort</b> Sleep System by Serta</p> <p>Four Comfort Choices between \$649 - \$2,899</p>
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Many styles available in-store to take home today!  
Visit your local Exchange or [shopmyexchange.com](http://shopmyexchange.com) for a complete selection of mattresses.  
**Plus SAVE the Tax!**

# coupons

Quality Since 1955



**smart menu**  
Helping You Make Smart Choices.



**250 CALORIES**  
or less

**Deli Express® Offers You Low Calorie Options for a Healthy Lifestyle!**




**350 CALORIES**  
or less

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Redeemable only at Army & Air Force Exchange locations.

**50¢ OFF**  
a Deli Express Smoked Ham & Cheese (4.6 oz.) or Oven Roasted Turkey & Cheese (4.2 oz.) Sandwich.



6 12759 96340 18

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**\$5 OFF**  
any Purchase of \$30 or more.

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**EXCHANGE RESTAURANT COUPON**  
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**\$1 OFF**  
any of our new Signature Salads.

Offer good only at Exchange Robin Hoods. Present coupon when ordering. Offer cannot be combined with any other coupon or offer. Limit one coupon offer per person, per visit.

**EXCHANGE STORE COUPON**  
Valid October 1 - October 31, 2012  
Redeemable only at Army & Air Force Exchange locations.

**\$1.60 OFF**  
any SIX Weight Watchers® Smart Ones®



6 12759 96361 13

Must be made in single purchase only.

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**EXCHANGE RESTAURANT COUPON**  
Valid October 1 - December 31, 2012  
Redeemable only at Army & Air Force Exchange locations.




**\$1 OFF**  
the purchase of a BK Veggie Burger.

Offer good only at Exchange Burger Kings. Present coupon when ordering. Offer cannot be combined with any other coupon or offer. Limit one coupon offer per person, per visit.

**EXCHANGE RESTAURANT COUPON**  
Valid October 1 - December 31, 2012  
Redeemable only at Army & Air Force Exchange locations.




**Buy one 6" Veggie Delite Sub at the regular price and get a 6" Veggie Delite Sub FREE.**

Offer good only at Exchange Subways. Present coupon when ordering. Offer cannot be combined with any other coupon or offer. Limit one coupon offer per person, per visit.

Say "YES" To Eating Smart



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Ft. Gordon  
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Ft. Huachuca  
Ft. Irwin  
Ft. Jackson  
Ft. Knox  
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Ft. Stewart  
Ft. Wainwright  
Goodfellow AFB  
Hanscom AFB  
Hickam AFB  
Hill AFB  
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Hunter AAF  
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JBLM - Lewis Main  
JBLM - McChord Field  
Keesler AFB  
Kirtland AFB  
Lackland AFB  
Langley AFB  
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Luke AFB  
MacDill AFB  
Malmstrom AFB  
March ARB  
Maxwell AFB  
McClellan AFB

Minot AFB  
Moody AFB  
Mountain Home  
NAS Ft. Worth JRB  
Nellis AFB  
Offutt AFB  
Patrick AFB  
Peterson AFB  
Randolph AFB  
Redstone Arsenal  
Robins AFB  
Presidio of Monterey  
Schofield Barracks  
Scott AFB

Selfridge ANG  
Seymour Johnson  
Shaw AFB  
Sheppard AFB  
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Yongsan  
Zama\*

\* Merchandise items may not be available at these overseas locations. This event is open only to authorized patrons. Shop early for the best selection. Quantities are limited to stock on hand. No rain checks will be given. Take advantage of our **FREE** Standard Shipping offers. See details at [shopmyexchange.com](http://shopmyexchange.com).