

Stay Fit with Smart Choices

Bistro Veggie Burger

320 Calories 3.79



Fresh and tasty Veggie Burger topped with sautéed portabella mushrooms and onions with crisp lettuce and tomatoes

Go "Veggie All The Way" by adding a piece of fresh fruit or a small tossed salad

At Your PatriotStore August 4 - 14, 2011

VA VCS IS PROUD TO SERVE GENUINE AMERICAN HEROES EVERY DAY



Reebok



REEBOK Balance Pods w/DVD

17.99 Compare at 24.99

- Add challenge to every move for a toned and sculpted body • Includes DVD



REEBOK 4-lb. Ankle Weights

9.99 Compare at 13.99

- Adjustable size to target lower body muscle groups
- Set of 2



REEBOK 2-lb. Wrist Weights

7.99 Compare at 10.99

- Thumb lock wrist weight • Adjustable to target upper body muscle groups • Set of 2



TIMEX

No Chest Strap Required

Improve your health, track your intensity and meet your weight loss goals with a TIMEX personal heart rate monitor or pedometer

TIMEX Pedometer

12.99 Compare at 19.95

- Easy to read • Counts steps • Tracks distance in miles
- Computes calories burned

TIMEX Easy Trainer Monitor

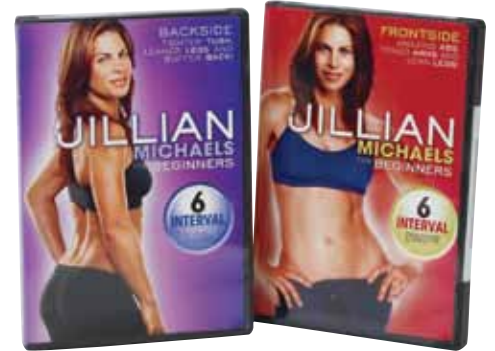
34.99 Compare at 49.99

- Timex easy trainer watch & heart rate sensor • Provides activity time, date, and heart rate beats per minute
- Includes chest strap sensor

TIMEX Health Touch Monitor

34.99 Compare at 59.99

- Heart rate monitor with a simple finger touch • No chest strap required



JILLIAN MICHAELS

Beginners Workout Video

10.99 Compare at 14.99

- Select from Front Side which targets abs, arms and legs or Back Side which targets glutes, legs, and back



I*Balance Bracelet 4.99

- Promotes balance, strength, flexibility, and an overall sense of well being • The embedded hologram is your I*Balance performance technology using a range of frequencies from your body's own natural energy field



AS SEEN ON TV

10% Off
all As Seen On TV*
*prices reflect savings

17.99



NO SHIPPING OR HANDLING CHARGES

17.99



26.99



10% Off
all As Seen On TV*
 *prices reflect savings

**NO SHIPPING
 OR HANDLING
 CHARGES**



35.99



12.99



8.99



12.99



10.99



8.99



8.99



17.99

Shop
 vacanteen.va.gov



VCS PatriotExpress
 VALUE • CONVENIENCE • SERVICE

Vending now has
 "Smart Choices" snacks

- Kraft Pita Chips
- Baked Lays Variety
- Barnum's Animal Crackers
- Snackwell Sleeve Cookies
- 100 Calorie pk Kraft Snacks
- Planters Trail Mix
- Fat Free Fig Newtons
- Fiber One
- Twizzlers
- and more!



MURRAY Sugar Free Cookies
2.50

• Assorted sugar free cookies for your snacking delight • Assorted flavors include Vanilla Wafers, Shortbread, Vanilla Cream, and Chocolate Cream



GOLIGHTLY Sugar Free Candy
1.50

• Assorted flavors includes Cinnamon, Toffee, Vanilla, Butterscotch, and Tropical Fruit Drops



Shop Early for Best Selections • Not all items are available at every location