

XTM

EXCHANGE

SAVE UP TO \$125

on select home fitness equipment.
Also available at shopmyexchange.com

HEALTHIER CHOICES

Healthier Lifestyle.

See page 8 for
BE FIT approved food items.

\$129

Reg \$149

Marcy foldable upright exercise bike.
6404286

COMMIT TO

BE FIT

LEAD A FIT LIFE

\$289

Reg \$339

Club Revolution cycle. 6944518



0% INTEREST

+ NO PAYMENTS*

FOR 12 MONTHS

ON ANY SPORTING GOODS
PURCHASE OF \$699 OR MORE

JANUARY 1 – DECEMBER 31, 2022

ENJOY 2% REWARDS ON EVERY PURCHASE*



*Click here for details.



SAVE \$30

on Garmin Venu 2
smartwatch. Black/slate.
See page 10.



SAVE up to 50%

on select vitamins
and supplements.
See page 7.

Champion

NIKE



UNDER ARMOUR.

20% less than MSRP
Athletic clothing and shoes.

BUY ONLINE
PICKUP CURBSIDE



FAST, SAFE & EASY.

Check locations at shopmyexchange.com

Sale dates: Friday, January 7 – Thursday, January 13

NO SALES TAX!

More brands & more value at shopmyexchange.com

FOOD

ELECTRONICS

HOUSEWARES

ACTIVEWEAR

HOME

HEALTH & BEAUTY

NEW YEAR

PRE-WORKOUT



2 \$2
for or regular price each
Honey Stinger waffle. Assorted.

2 \$3.50
for or regular price each
Celsius Heat energy
drink, 16-oz. Assorted.
Plus deposit where required.



POST-WORKOUT



\$36.99-\$39.99

Ghost whey protein powder, 2-lb. Assorted.

ENDURANCE



\$13.93-\$18.52 Reg \$16.39-\$21.79

Universal Creatine powder or chews,
30-36-serving. Assorted.

CARDIO



SAVE up to \$125
on select home
fitness equipment.

\$289 Reg \$339
Club Revolution cycle. ☎ 6944518



HOME SERVICES
GET IT DONE WITH PROFESSIONAL
INSTALLATION AND ASSEMBLY!
shopmyexchange.com/home-services



\$474.99 Reg \$599.99
MWM 100S home gym.
☎ 2982807

STRENGTH TRAINING



\$19.99-\$39.99 Reg \$25-\$45
Hammerton kettlebell. Assorted.



PLAY VIDEO

As Seen On Be Fit Live - Kettlebell
Strength Training Workout.



**CREATE YOUR
ULTIMATE
HOME GYM**

@shopmyexchange.com
Click here for more details.

PRO-FORM

CAMELBAK

NAUTILUS

NordicTrack

YETI

EVERLAST

BOWFLEX

BALLY TOTAL FITNESS



SAVE
\$50

\$299
Reg \$349
Theragun Elite.
2507645

NEW YOU

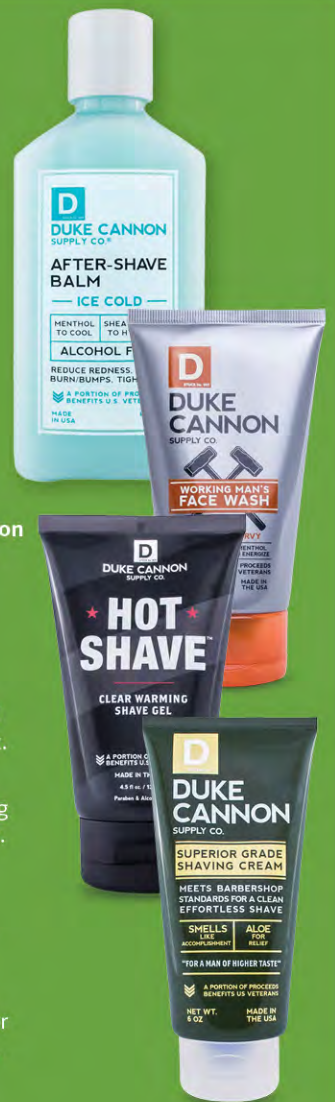


Your choice
\$20.99 Reg \$27.99
King of C Gillette double edge
safety razor and 5 blades.
2593852
\$3.74 Reg \$4.99
King of C Gillette double edge
razor blades, 10-ct.
2593851



SAVE
25%
on select grooming and
relaxation products.

DUKE
CANNON SUPPLY CO.
D
STOCK No. 005
MADE IN USA



SAVE 20%
on select Duke Cannon
face care and shave
products.

Your choice
\$6.79 Reg \$8.49
Duke Cannon ice cold
after-shave balm, 6-oz.
1978063

Duke Cannon Working
Man's face wash, 4-oz.
1978062

Duke Cannon Hot
Shave clear warming
shave gel, 4.5-oz.
1978060

Duke Cannon Superior
Grade shaving cream,
6-oz. 1978051



Your choice
\$7.99 Reg \$9.99
Duke Cannon Standard
Issue Face Wash
energizing cleanser,
6.75-oz.
2930816

Duke Cannon Standard
Issue Every Damn Day
2-in-1 Multi-Tasking
Moisturizer face lotion,
1.7-oz. 2930735

Duke Cannon Standard
Issue Quick Buff
Siberian Mint face
scrub, 6-oz. 2930817



SAVE 20%
\$11.80-\$19.99 Reg \$14.79-\$24.99

Select Conair Man trimmers or travel shavers.
Also available at shopmyexchange.com

REVIVE AND SAVE



2 \$3.50
for or regular price each
Amino Energy ready-to-drink
products, 12-oz. Assorted.
Plus deposit where required.



2 \$3
for or regular price each
MuscleTech Hydroxycut ready-to-drink
products, 12-oz. Assorted.
Plus deposit where required.



SAVE 25%
on select Iovate Xenadrine, Hydroxycut
and MuscleTech products.



**SUPPORTS MUSCLE RECOVERY
& ENDURANCE**

SAVE \$2
on select Optimum Nutrition amino
energy products, 30-oz.



**HELPS SUPPORT
ENDURANCE & RECOVERY**

SAVE up to \$3
on select Optimum Nutrition Gold Standard
100% Whey protein powders.

BUY 1 GET 1
50% OFF
 or regular price each
 Body Fortress whey protein
 powder, 2-lb. Assorted.



4\$5
 for or regular price each
 Kind bars, 1.4-oz. Assorted.



3\$5
 for or regular price each
 Lenny & Larry's The Boss! cookie, 2-oz.
 Assorted.



SAVE 25%
 on Pure Protein bars and
 ready-to-drink shakes. Assorted.

NEW! AT THE EXCHANGE:

ECHELON™

THE MILITARY-DEVELOPED PERFORMANCE BEVERAGE

2 FOR \$4

In-store only.



IN PARTNERSHIP WITH
GREEN BERET
FOUNDATION

➤ 300 MG CAFFEINE ➤ 200 MG L-THEANINE ➤ BETA-ALANINE ➤ ARGININE ➤ CITRULLINE



BUY 3 GET 1
FREE

of equal value or less
Performance Inspired 2.0
protein bars. Assorted.



BUY 1 GET 1
50% OFF

of equal value or less
Finaflex Keto products.
Assorted.

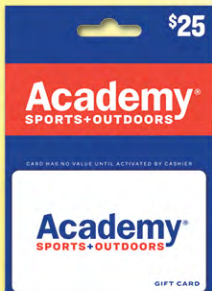


BUY 1 GET 1
50% OFF

of equal value or less
Finaflex oatmeal protein pie, 2.9-oz.
Assorted.

SAVE

when you shop on
shopmyexchange.com



Not available in
California stores.



SAVE UP TO
50%

on select vitamins and supplements.



Nature Made vitamins and supplements. Assorted.



SmartyPants vitamins. Assorted.



Nature's Bounty Optimal Solutions supplements. Assorted.

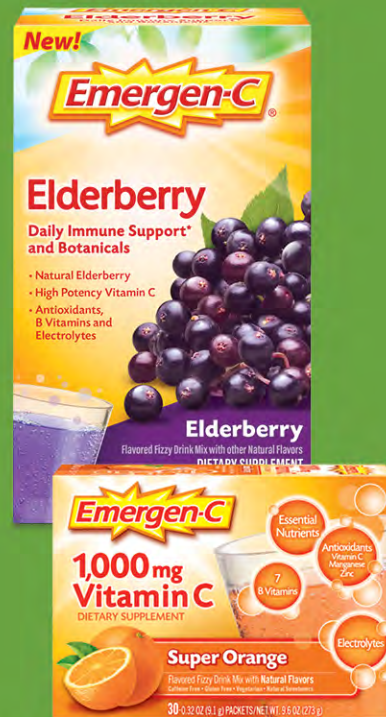
START STRONG



SAVE 25%
on Centrum and Caltrate vitamins and supplements. Assorted.



SAVE \$2
on Goli gummies. Assorted.



SAVE 25%
on Emergen-C supplements. Assorted.

Available at
EXPRESS

HEALTHIER CHOICES

Healthier Lifestyle.



Whole fresh fruit.
Assorted.



**BUY 1 GET 1
FREE**
of equal value or less
Smart Sweets gummies. Assorted.



**BUY 2
SAVE \$2**
or regular price each
Fairlife Core Power
protein shakes, 14-oz. Assorted.



SAVE 20%
on Patriot's Choice mixed nuts or peanuts,
28-oz. Also available at shopmyexchange.com



2 \$3
for **3** or regular price each
Bumble Bee kits, 3.5-oz. Assorted.



2 \$4
for **4** or regular price each
Bobo's oat bars, 3-oz. Assorted.



2 \$7
for **7** or regular price each
Setton Farms shelled pistachios, 3-oz. Assorted.
Also available at shopmyexchange.com



\$5.99 SALE
Power Up trail mix,
14-oz. Assorted.
Also available at
shopmyexchange.com



\$5.49 SALE
Wonderful
pistachios, 8-oz.
Roasted & salted.
Also available at
shopmyexchange.com

BE FIT Approved Items

SAVE
25%

on select Souvenir drinkware.



HYDRATE

It's important to stay hydrated before, during and after exercise. A water bottle with measurement markings will help you track your water intake.



HUB

Connecting **You** with Fitness
in **Your Community**



shopmyexchange.com/BeFit



Join Be Fit ambassador Roy Montez and Air Force Senior Master Sgt. Sonja Berry as they host nearly 30-minute cardio and resistance-based functional workouts on Facebook at 11 a.m. CST every Monday.

Be Fit Ambassador
Roy Montez



Be Fit Ambassador
SMSGT. Sonja Berry



UPCOMING EPISODES



PREVIOUS EPISODES

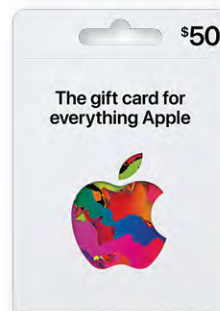
STAY MOTIVATED

Apple Watch and Beats Audio help you BeFit!



SAVE \$30

on select Beats audio products.



\$25

App Store® gift card. One card, millions of ways to enjoy it. Give them apps, games, music, movies and TV shows with the App Store and iTunes® gift card. ☎ 2476551

\$50

☎ 2476552



TRACKING

Tracking your activity with a smartwatch helps you stay motivated and consistent when trying to reach your fitness goals – no matter your fitness or activity level.

LATEST MODEL

\$139 Reg \$149

Apple TV® HD,
32GB. Black.
#MHY93LL/A
☎ 2780061



Apple computers available in select Exchange locations and at shopmyexchange.com

¹Display size is measured diagonally. Due to rapid changes in technology, actual product and specifications may vary from image shown. TM and © 2022 Apple Inc. All rights reserved. Apple, the Apple logo, Apple Watch, Apple TV, Beats Studio Buds, AppleCare, App Store and iTunes are trademarks of Apple Inc., registered in the U.S. and other countries.



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- Apple hardware coverage
- software support included



Authorized Reseller

Shop an expanded selection of Apple accessories in-store and at shopmyexchange.com

fitbit.



SAMSUNG
Save up to \$40

on select Fitbit, Samsung and Garmin smartwatches.



GARMIN



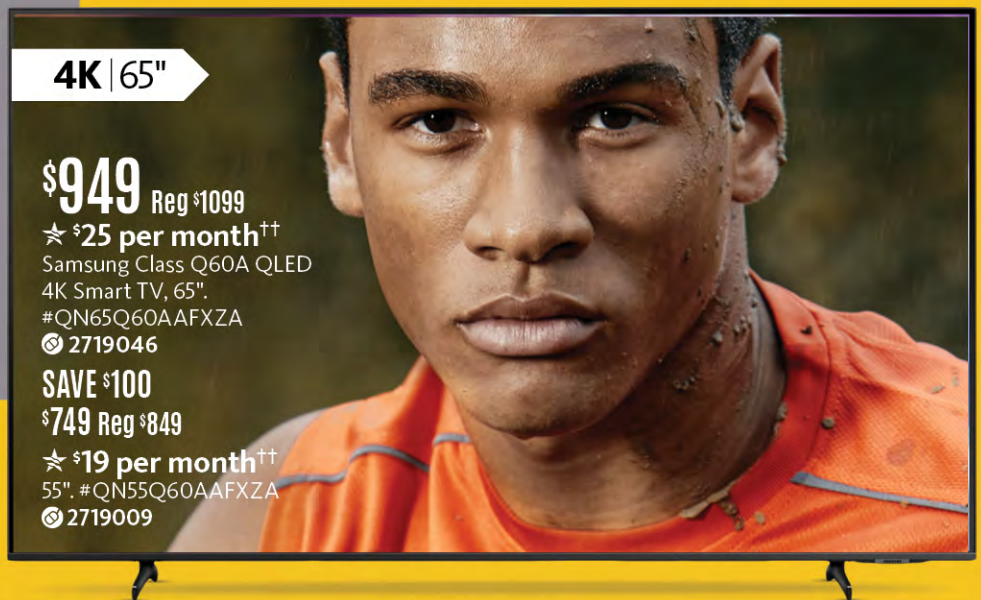
SAVE UP TO
\$800

SAMSUNG

4K | 65"

\$949 Reg \$1099
★ \$25 per month^{††}
Samsung Class Q60A QLED
4K Smart TV, 65".
#QN65Q60AAFXZA
📞 2719046

SAVE \$100
\$749 Reg \$849
★ \$19 per month^{††}
55". #QN55Q60AAFXZA
📞 2719009



4K | 75"

\$1799 Reg \$2599
★ \$47 per month^{†††}
Samsung Class Q80A QLED 4K Smart
TV, 75". #QN75Q80AAFXZA
📞 2718977

PICKUP CURBSIDE
FAST, SAFE AND EASY.



SAVE \$50
\$629 Reg \$679
★ \$16 per month[†]
Samsung Class
AU8000 Crystal
UHD 4K Smart TV,
65". #UN65AU8000FXZA
📞 2718996

SAVE \$30
\$449 Reg \$479
★ \$15 per month[†]
50". #UN50AU8000FXZA
📞 2718974

4K | 65"

EXCHANGE[™] protection⁺ plan
POWERED BY asurion



LIVE STREAMING

\$50
Hulu gift card. 📞 8730903

\$20-\$200
Netflix gift card. In-store only.

SAVE \$50
\$329 Reg \$379
★ \$11 per month[†]
Samsung 3.1-channel soundbar with
Dolby Audio, 430W. #HW-A650
📞 2738176



SAVE UP TO
\$250
on select HP notebooks.

EXCHANGE[™]
protection+ plan
POWERED BY asurion



Your choice
\$50
Steam gift card.
☎ 6721995
Nintendo eShop
gift card. ☎ 8660950



\$999 Reg \$1249
★ \$26 per month^{††}
HP Omen gaming notebook,
15.6". Intel Core i7 2.6GHz, 12GB
RAM, 256GB SSD + 1TB HDD.
#15-DH1087NR ☎ 2380910



\$889 Reg \$1129
★ \$23 per month^{††}
HP Omen gaming notebook, 15.6".
Intel Core i5 2.5GHz, 8GB RAM,
512GB SSD. #15-DH1088NR
☎ 2380909



SAVE \$60
\$139 Reg \$199
HP full HD monitor, 27". ☎ 2483315



SAVE \$70
\$279 Reg \$349
HP Omen gaming monitor, 25".
Redefines high-definition gaming
with 165Hz and 1ms response.
☎ 2828993



SAVE \$100
\$179 Reg \$279
HP Omen monitor, 25". ☎ 1943388

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Get an Exchange eGift Card for your used electronics.

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video games, video game consoles and more!
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Deal of the Week!

QMAXIX

SAVE 20%



\$39.99 Reg \$49.99
QMAXIX Liquid Glass 250 screen. #AQMLQD250
• universal fit
• scratch resistant with 9H hardness
• hypoallergenic
• easy, bubble free application
• lasts up to a year



\$31.99 Reg \$39.99
Pelican Ranger case for Samsung Galaxy S21 5G series.
• 15-ft. drop protection
• Micropel antimicrobial protection
S21 5G. Black. #APRBS21 S21+ 5G. Black. #APRBS21P S21 Ultra 5G. Black. #APRBS21U

PELICAN

SAVE 20%

\$24.99 Reg \$29.99

Ventev USB Type A-C charge/ sync alloy cable, 10-ft. #AC2VTC10
• "no-fray" durability
• brushed aluminum housing and braided high-tensile wrap

\$21.99 Reg \$24.99

Ventev USB Type A-C charge/ sync alloy cable, 4-ft. #AC2VTC4G

ventev



\$21.99 Reg \$24.99
HyperGear Sport X2 true wireless Bluetooth earbuds. Black. #AHCTWSX2B
• secure-fit ear hooks and touch control earbuds
• up to 4 hours of play time on a single charge

HYPERGEAR

\$12.99 Reg \$14.99

HyperGear USB-C PD wall charger, 20W. White. #AHCHLT20W
• 20W USB-C PD output
• compatible with iPhone and Android Fast Charge
• international voltage compatibility

HYPERGEAR



\$12.99 Reg \$14.99
HyperGear dual USB + USB-C power bank, 5K mAh. Black. #AHCPPM5K
• dual USB output
• USB-C input/output
• 5000mAh battery capacity

HYPERGEAR

CLEARANCE

GET UP TO \$500 CASH BACK

ON SELECT SAMSUNG DEVICES.
After mail-in rebate.

Galaxy Note9: \$500 cash back
Galaxy Note10, 10+: \$400 cash back
Galaxy S20, S20+: \$300 cash back



Visit the Mobile Center in the Exchange for complete details.
Inventory varies by location.

Protect phones & tablets from drops & spills.

- > Covers accidents
- > Fast, flexible repair options (same-day phone repairs in most areas)
- > Worldwide coverage



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CMSgt Kevin "KO" Osby, Exchange Senior Enlisted Advisor, interviews big names in leadership, movies, music and more!

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Hamilton Beach.



SAVE UP TO
20%

on select healthy solutions
for the kitchen.

Omega Juicers



ONLINE EXCLUSIVE



NINJA



Instant Pot



CUISINART KICK START
SMOOTHIE RECIPE

INGREDIENTS

- 2 cups coconut water
- 2 bananas, cut in half
- 3 cups baby spinach
- 1½ cups frozen mango
- 1½ cups frozen pineapple
- 1 serving protein powder

INSTRUCTIONS

1. Put ingredients into blender jar as listed.
2. Blend on High for 1 minute until completely smooth.
3. Serve immediately.



PLAY VIDEO

#cuisinart #cuisinartblender
#cuisinartrecipes

Visit facebook.com/shopmyexchange
for healthy recipes and how-to videos.

FREE FRIDAY
DRAWING



Omega Horizon juicer.

1 winner. Silver. \$7192400
A \$79.99 value.

Comment for a chance to win!

Over \$109,841 in prizes already given away.

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\$9⁹⁹-\$19⁹⁹

Women's PBX Pro tanks, tees or shorts. Assorted colors.
Also available at shopmyexchange.com



Your choice
\$9⁹⁹

Men's PBX Pro interlock or mesh shorts. Assorted colors.
Sizes M-XXL.
Also available at shopmyexchange.com

Your choice
\$14⁹⁹

Men's PBX Pro long-sleeve top or interlock pants. Assorted colors.
Sizes M-XXL.
Also available at shopmyexchange.com



Use your gift cards and clear the racks!
Shop brand name clearance clothing, footwear & accessories for the family!

20%

LESS THAN
MSRP

Men's and women's Nike
clothing and footwear.
Assorted.
Also available at
shopmyexchange.com





20%
LESS THAN
MSRP

Men's and women's Under Armour
clothing and footwear.
Assorted.
Also available at shopmyexchange.com



UNDER ARMOUR.

Champion®



20%
LESS THAN
MSRP

Men's and women's Champion clothing.
Assorted colors, styles and sizes.
Also available at shopmyexchange.com

NEW YEAR'S HOME SALE

DECEMBER 31, 2021 - JANUARY 20, 2022



Save up to \$125

on Perfect Sleepers and Beautyrest mattresses.



Serene Sky | Cozy Escape | Renewed Night

0% INTEREST
FOR 18 MONTHS*

ON SELECT
FURNITURE/MATTRESS
PURCHASES OF \$1,099 OR MORE.

*minimum payments required.



*Click here for details.



Save
up to \$400

on Adjustable Bases

Receive
up to a \$200



Exchange gift card with Select Beautyrest Black, Beautyrest Harmony Lux and iComfort mattress sets.



iComfort
BY SERTA

Beautyrest
HARMONY LUX

Beautyrest
BLACK

TUFT & NEEDLE



Offers available in-store and online.
Visit shopmyexchange.com for an
expanded selection of Beautyrest and Serta
mattresses.



Free Counting
Sheep Plushie!
Mail-in Coupon Required



100%
U.S.A.
ASSEMBLED



Sleep helps regulate your body's metabolism, reduce stress and improve your memory!



ONLINE EXCLUSIVE
\$55.99-\$71.99 Reg \$69.99-\$89.99
Kathy Ireland Home Essentials goose feather and down comforters. Assorted sizes. White. ☎ 2053338

ONLINE EXCLUSIVE
\$87.99-\$135.99 Reg \$109.99-\$169.99
Kathy Ireland Home down fiber top featherbeds, 3". Assorted sizes. ☎ 2987910



ONLINE EXCLUSIVE
\$79.99-\$95.99 Reg \$99.99-\$119.99
Scott Living 233 thread count gusseted mattress pad. Assorted sizes. ☎ 2987897



ONLINE EXCLUSIVE
\$27.99-\$35.99 Reg \$34.99-\$44.99
Scott Living medium firm goose feather/down pillow. Assorted sizes. ☎ 2991987



ONLINE EXCLUSIVE
\$39.99-\$78.39 Reg \$49.99-\$97.99
Trademark duck feather gusseted topper. Assorted sizes. ☎ 7780864



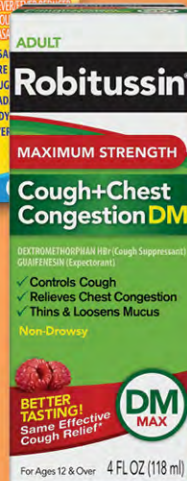
\$11⁹⁹ Reg \$14.99
Weatherford Dream Essence down alternative pillow. Standard. ☎ 1168318

\$15⁹⁹ Reg \$19.99
Weatherford micro denier down alternative pillow. ☎ 1561361



A full night's sleep can help boost your immune system, strengthen your heart and increase your productivity!

SAVE UP TO
20%



\$3.95-\$10.85 Reg \$4.95-\$13.59
Select Theraflu, Robitussin,
Emergen-C or Advil products.



on select Alka-Seltzer Plus,
Afrin and Coricidin products.

on select Nexium products.

STAY HEALTHY



on select Vicks humidifiers and vaporizers.



\$4.49-\$35.99 Reg \$4.99-\$39.99
Exchange Select thermometers. Assorted.



on select Ricola products.



KEEP MOVING

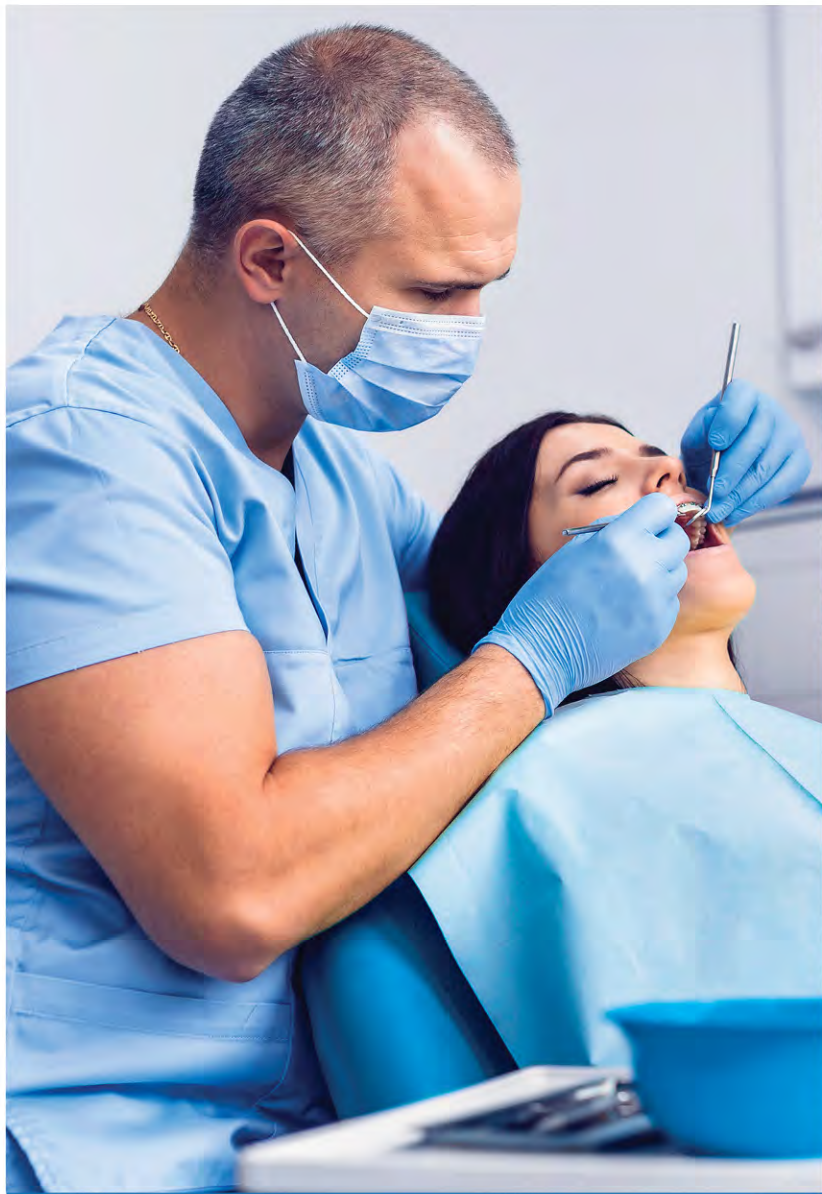
SAVE
20%

Safety 1st®

COSCO



\$13.20-\$139.90 Reg \$16.59-\$174.99
Safety First or Cosco strollers, travel systems
or umbrella strollers. Assorted.



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Visit your Exchange Wellness Services to learn more about your FEDVIP or FSA/HSA benefits.

Make 2022 Your Healthiest Year Yet.

Go to shopmyexchange.com/wellness to find a location near you.

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WK02/22