

# ARMY & AIR FORCE EXCHANGE SERVICE DIRECTOR/CEO NEWSLETTER

January 2021



## The Exchange Rings in a Healthy New Year

Happy New Year! The Army & Air Force Exchange Service is ensuring that Soldiers, Airmen, Veterans and their families have the nutritional and fitness tools for a healthy, happy 2021.

From better-for-you menu options to wellness offerings, fitness gear and live workouts, the Exchange has everything for a BE FIT lifestyle.

**Healthy eating:** The Exchange has transformed its Express convenience stores and name-brand restaurants to ensure full alignment with Healthy Army Communities and Air Force Smarter Fueling initiatives. All of the Exchange's 1,700-plus restaurants offer better-for-you choices. Exchange Expresses now offer more than 400 BE FIT-approved items, including fresh fruit, yogurt, hard-boiled eggs, trail mix and nuts, tuna, grass-fed meat snacks and jerky, veggie chips, bottled water and more.

**Wellness offerings:** As the Exchange extends affordable and convenient supplemental medical services, it remains a partner in support of the community. The Exchange plans to open chiropractic offices at select installations in the United States beginning this year. This new and convenient healthcare offering will be consistent from location to location to help ensure continuity of care as PCSs occur.

**Fitness gear:** In-store and online at [ShopMyExchange.com](https://www.shopmyexchange.com), the Exchange carries the latest apparel and shoes, fitness trackers and workout equipment at tax free military-exclusive pricing. Name-brand athletic apparel and footwear is being incorporated into shops that look and feel like major sporting goods stores.

**BE FIT live workouts:** Tune in to our [Facebook page](https://www.facebook.com/ArmyAirForceExchange) every Monday as the Exchange's Assistant Director, Public Health and Food Safety Program Senior Master Sgt. Sonja Berry and BE FIT Ambassador Roy Montez host live interactive workouts with tips on exercises, equipment and nutrition.

Find out more about the Exchange's better-for-you offerings—including restaurant-specific video nutrition guides; highlights from the Exchange's Healthier Choices, Healthier Lifestyle selection and more—at the [BE FIT Community Hub](https://www.be-fit.com).

Wishing you a healthy and happy 2021. It is truly an honor to serve those who serve.

Veteran For Life!

Tom Shull  
Director/CEO



## Veterans Shopping Benefit Anniversary

This month marks the first anniversary of the Exchange welcoming home more than 4.1 million service-connected disabled Veterans to their military family. Since 2017, all honorably discharged Veterans have been authorized to shop the Exchange online tax-free at [ShopMyExchange.com](https://www.shopmyexchange.com).

The Exchange is committed to serving heroes, past, present and future. By shopping the Exchange, Veterans save money while helping strengthen Quality-of-Life support. One hundred percent of Exchange earnings are reinvested in our military communities, including dividends to Quality-of-Life programs such as Child, Youth and School Services; Armed Forces Recreation Centers; and more.

Veterans can find additional information about their lifelong shopping benefits and verify eligibility by visiting the Exchange's community [Hub](https://www.be-fit.com).

## Digital Garrison App

The Digital Garrison mobile app (a partnership between the U.S. Army and the Exchange) helps Soldiers, Army families and retirees stay in the know at their installation—and now it can help them win too. Users who download the app through Feb. 10 have a chance to win a \$100 Exchange e-gift card.

To enter, shoppers stationed on or living near Army installations should:

1. Download the free Digital Garrison mobile app from Apple or Google Play stores and create a profile.
2. Link their ShopMyExchange.com account by signing in on the app.
3. Enter online at [ShopMyExchange.com/sweepstakes](https://www.shopmyexchange.com/sweepstakes).

Other features of the app include a mobile wallet; personalized dashboard with local weather, on-post dining options and more; and the option for easy fingerprint or face recognition sign-in for ShopMyExchange.com.