



### For Your Health: Boost your Immunity

You can't hide from germs. But you can take some simple steps to help fight them off!

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### Nutrition 101: The Hot Dog Headache

From migraines to colds, 5 common ailments and the foods that cause and cure them

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### Fitness 101: QUIZ: To Exercise or Not to Exercise

Feeling under the weather? Find out when you should – and shouldn't – take the day off.

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### Wellness Notes: Beyond Soap and Water

Are antibacterial soaps and hand sanitizers doing more harm than good?

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### [Whip It Up](#)

Shrimp Po' Boy



### [Real-Life Success Stories](#)

'I've kept 85 pounds off for 13 years!'



### [The Lighter Side](#)

How to Fight Germs



### [Happenings](#)

Run, walk or volunteer in your community

## [Is Fitness Part of Your Lifestyle?](#)

Join with a Lifestyle Membership, and get started for just \$29\*! You'll get the best results and the [best savings.](#)

\* Lifestyle Memberships require a one-time activation fee of \$29.00. Your initial payment will include pro-rated membership dues from the date you join through of your first billing. Other membership types require higher activation fees. Some restrictions apply. See [www.globalfit.com/club](http://www.globalfit.com/club) for details.

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