



Whip It Up

Turkish Chicken Thighs



Real-Life Success Stories

'I lost 25 pounds in 6 months and now have less back pain!'



The Lighter Side

Say "Ahhhhh!"



Happenings

Avoiding Back Pain + Charity Events for Runners & Cyclists



For Your Health: Things Your Mother Got Right

Check out our 6 mom-approved tips for stronger bones!

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Fitness 101: Out of Joint

Has joint pain slowed you down? Molly has 10 reasons to keep moving and 3 ways to feel better.

[>read more](#)

Nutrition 101: Can't Believe You Ate the Whole Thing?

Nutritionist Jyni on heartburn and other digestive woes, plus smart eating tips to avoid them.

[>read more](#)

Wellness Notes Say "Cheese!"

Does your dental health affect your heart health? Plus, tips on natural teeth whiteners.

[>read more](#)



Savings for Head-to-Toe Fitness

Start for \$5 when you join a gym with our Lifestyle Membership.

Or join with a Commit or Non-commit Membership and save \$24.00.

Just use code **TOE0609**.*

[Save Now ►](#)

*This offer is valid only for GlobalFit enrollments completed between June 1, 2009, at 12:01 a.m. and June 30, 2009, at 11:59 p.m. Eastern. Lifestyle and Non-commit options are available for select gyms only. Initial payment may include pro-rated membership dues for the month in which you join. The savings are applicable toward one-time activation fee only; they cannot be applied to weekly dues payment. Offer not redeemable for cash. Participation must be requested at the time of enrollment by the use of Campaign Code TOE0509. Promotion details are subject to change. Available for U.S.-based fitness centers only. Some restrictions apply. See www.globalfit.com/club for details.

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