



### For Your Health: The Power of Positive Thinking

You *will* achieve your goals this year - if you forget everything you've been told about achieving your goals.

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### Nutrition 101: Motivation in a Can

How much caffeine is too much? Nutritionist Jyni takes some fizz out of energy drinks.

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### Fitness 101: Your Top 5 Excuses *Busted!*

Molly lays out why you really can start exercising now and still have time to smell the roses (literally!).

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### Wellness Notes: Would You Like Bacon with That?

One study had great news about eating a big breakfast! Then the second study came out...

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### [Whip It Up](#)

Egg & Salmon Sandwich



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

'I lost 50 pounds in 1 year! I don't ever want to go back.'



### [The Lighter Side](#)

Get Fit for Elvis!



### [Happenings](#)

Events in your Area, plus  
What's your Mantra?

## [Say "YES" to Savings](#)

[Start for FREE when you join a gym with GlobalFit's Lifestyle Membership! Or save \\$20.09 on a Commit or Non-commit Membership.](#)

[Just use code \*\*YES2009\*\* for either option.\\*](#)

\*This offer is valid only for GlobalFit enrollments completed between January 1, 2009, at 12:01 a.m. Eastern and January 31, 2009, at 11:59 p.m. Eastern. Offer good for Lifestyle, Commit and Non-commit memberships only; Lifestyle and Non-commit options are available at select gyms only. For Lifestyle Membership, the activation fee will be zero instead of the usual \$29.00 fee. For Commit Membership, the activation fee will be \$38.91, which is \$20.09 off the usual \$59.00 fee. For Non-commit Membership, the activation fee will be \$97.91, which is \$20.09 off the usual \$118.00 fee. Initial payment will also include pro-rated membership dues. Offer not redeemable for cash. Participation must be requested at the time of enrollment by the use of Campaign Code YES2009. Promotion details are subject to change. Some restrictions apply. See [www.globalfit.com/club](http://www.globalfit.com/club) for details.

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