



For Your Health: The ABCs of ZZZs

Our top 6 tips to a better night's sleep (without pills).

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Nutrition 101: Eat Yourself to Sleep

Some foods put you to sleep; some keep you awake. Jyni sorts the sheep-counters from the eye-openers.

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Fitness 101: Can Sleep Help You Lose Weight?

See Molly's top reasons why sleep is so important and her #1 tip to sleep better tonight.

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Wellness Notes: Not-Sleeping your Life Away?

Too little sleep can double your risk for this common disease. Find out if you're at risk.

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Whip It Up

Edamame Lo Mein



Real-Life Success Stories

We got off the pills and stayed on at the gym!



The Lighter Side

Sleep-Aerobics



Happenings

Run, walk or volunteer in your community

Fall Fitness Freebie

Start for FREE when you join a gym with GlobalFit's Lifestyle Membership!

Or start a Commit or Non-commit Membership and save \$29.00.

Just use code **SLEEP1008** for this offer .*

*This offer is valid only for GlobalFit fitness center enrollments completed between October 1, 2008, at 12:01 a.m. Eastern and October 31, 2008, at 11:59 p.m. Eastern. Offer good for Lifestyle, Commit and Non-commit memberships only; these membership options are not available for all gyms. For Lifestyle Membership, the activation fee will be zero instead of the usual \$29.00 fee. For Commit Membership, the activation fee will be \$30.00, which is \$29.00 off the usual \$59.00 fee. For Non-commit Membership, the activation fee will be \$89.00, which is \$29.00 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 SLEEP1008. Promotion details are subject to change. Offer applicable for US fitness centers only. Some restrictions apply. See www.globalfit.com/club for details.

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