



For Your Health: Are You at Risk?

You should know these top diabetes symptoms. We have some prevention tips for you, too!

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Nutrition 101: Sweet Nothing

Your virtual nutritionist Jyni weighs in on High-Fructose Corn Syrup. Is it really that bad?

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Fitness 101: Racing (& pedaling & lifting) to Control your Blood Sugar

Molly's 5 tips to help prevent diabetes and 5 precautions to help manage it.

VIDEO BONUS: 3 Easy Starter Moves

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Wellness Notes: Cut your Diabetes Risk

Check out brand-new US guidelines - the food pyramid for exercise - to be healthier and have fun doing it.

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Whip It Up

Squash Pie



Real-Life Success Stories

I dropped 6 inches from my waist - but not with diet alone!



The Lighter Side

How the Cookie Crumbles



Happenings

Events in your Area, plus
After-dark Safety Tips

Lower Your Risk at a Lower Price

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 **LOWER1108** for this offer .*

*This offer is valid only for GlobalFit fitness center enrollments completed between November 1, 2008, at 12:01 a.m. Eastern and November 30, 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 LOWER1108. 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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