



For Your Health: Wake Up!!

Need an energy boost? Perk up with these tips.

VIDEO BONUS: 3 Easy At-work Stretches

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Nutrition 101: Mmmmm, Flavonoids

Chocolate? A health food? *Really???* Nutritionist Jyni offers a healthy Chocolate Buyer's Guide.

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Fitness 101: Feeling Good (by Not Feeling Bad)

Molly - and her dogs! - have a slew of exercise safety tips to keep you in shape and on track.

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Wellness Notes: The Pleasure Center

Enjoying food more may keep you thin. What the brain tells us about pleasure and pounds.

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Whip It Up

Caramelized Onion and Shrimp Bruschetta



Real-Life Success Stories

'I can finally play touch football with my grandsons with no aches & pains the next day!'



The Lighter Side

The Kickboxing Cure



Happenings

Events in your Area, plus Dressing for Winter Training

Save Money, Feel Even Better

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 **BETTER1208** for this offer.*

*This offer is valid only for GlobalFit fitness center enrollments completed between December 1, 2008, at 12:01 a.m. Eastern and December 31, 2008, at 11:59 p.m. Eastern. Offer good for Lifestyle, Commit and Non-commit memberships only; Lifestyle and Non-commit membership 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 \$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 BETTER1208. Promotion details are subject to change. Offer applicable for US fitness centers only. Some restrictions apply. See www.globalfit.com/club for details.