



For Your Health: Say No to "Recession Pounds"

Worried a tighter budget will lead to you eating fattier foods? Fear not - you can eat better and save money with these tips!

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Fitness 101:

Lose 5 Pounds This Month (Safely!)

Molly has a plan that works, including a 'handy' guide to portion control that you can use anywhere.

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Nutrition 101:

Are You D-ficient?

Nutritionist Jyni lays out the case for Vitamin D. Plus, how to get enough D & the top 5 at-risk groups who should pay attention.

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Wellness Notes:

Frying up the Flavor?

What's the healthiest way to prepare veggies? The research has come to a boil & we're serving up answers.

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Whip It Up

Sugar Snap Pea & Barley Salad



Real-Life Success Stories

'I lost 20 pounds in 5 months!'



The Lighter Side

Are Donuts the New Yogurt?



Happenings

Events in your Area, plus the 411 on Sports Drinks



Good Eats + More Activity = A Better You

Join a gym with GlobalFit's **Lifestyle Membership**, and you'll start for **FREE!** Or start a Commit or Non-commit Membership and save \$29.00.

Just use code **PLUS0309** for this offer.*

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* This offer is valid only for GlobalFit enrollments completed between March 1, 2009, at 12:01 a.m. and March 31, 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. Offer not redeemable for cash. Participation must be requested at the time of enrollment by the use of Campaign Code PLUS0309. Promotion details are subject to change. Some restrictions apply. See www.globalfit.com/club for details.

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