



### Whip It Up

Golden Baked Pork Cutlets



### Real-Life Success Stories

'How I lost 15 pounds in 6 weeks ... Anyone can do it!'



### The Lighter Side

Attack of the Shape-Shifting Monsters!



### Happenings

Training in April Showers + Events in Your Area



### For Your Health:

#### Chillax!

It doesn't have to be a real word for you to do it. 4 sure-fire ways to let go of stress & enjoy life more.

[>read more](#)

### Fitness 101:

#### Beat Stress...Not Your Body

How much muscle soreness is too much? Take Molly's quiz to find out!

[>read more](#)

### Nutrition 101:

#### Taking a Bite out of Stress

Nutritionist Jyni has do's and don'ts for what, when & how to eat to take the edge off.

[>read more](#)

### Wellness Notes:

#### This Cup's for You

...and only you! What research tells us about the effects of caffeine on teamwork. Also, how much is too much?

[>read more](#)



### Burn Off Steam, Pocket Some Green

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 **BURN0409** for this offer.\*

[Redeem Now ▶](#)

\* This offer is valid only for GlobalFit enrollments completed between April 1, 2009, at 12:01 a.m. and April 30, 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 BURN0409. 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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