



December 2009

GO - The Healthy Holiday Special

Fitness 101: The Holiday Time Challenge

I've spoken to many people who say they just cannot find the time to exercise, especially during the holidays. But when you get really busy, do you ever think you don't have enough time to brush your teeth?

If you brush twice a day and floss once, you're probably spending about 6-10 minutes per day taking care of your teeth. Can you spend an equal amount of time taking care of the rest of your body?

[\(Continue Reading...\)](#)

Happenings: Exercise during Flu Season + Area Charity Events

Exercise boosts your immune system, right? Well, it depends. Repeated studies have found that some kinds of exercise help, but hard endurance training isn't one of them.

[\(Continue Reading...\)](#)

**On Your Mark...
Get Set...**

SAVE

**Gym Memberships
Start for \$4.99***

Start Now! →

www.globalfit.com

For personal assistance call
800.294.1500 and use code
MARK1209.*

* Some restrictions apply. [Click here for details.](#)