



## GO YOUR HEALTHY LIVING NEWSLETTER

The Summer Issue

### Fitness 101: Your First Indoor Cycling Class

If you've been considering taking an indoor cycling class, why wait any longer? Most classes are only 40 minutes, are scheduled conveniently, and you will burn a lot of calories!

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### For Your Health: Safe Sun Exposure & Vitamin D

The surest way to get enough D is through unprotected sun exposure ... but that raises your risk for cancer! How to balance out these competing health needs? Read on!

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### The Lighter Side: One Dog's Fitness Tips (cartoon)

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### Happenings: Tips for Sun Safety + Charity Events in your Area

If you want to have fun in the sun - or a tough, sweaty training session in the sun - try these tips to keep it safe.

[READ MORE](#)



## STRETCH & SAVE

GlobalFit \$9.99 Start-up Fee at Thousands of Gyms\*

Just use code **SUN0610**

**Start Now!**

For personal assistance call 800.294.1500 and use code **SUN0610**.



GlobalFit offers the lowest rates! If a participating gym offers you a lower rate in writing than you can get through GlobalFit, we'll beat their rate by 5% - guaranteed!

For details, visit [www.globalfit.com/members/lpg.asp](http://www.globalfit.com/members/lpg.asp) or call 800-294-1500.

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

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