

you get a **\$10** gym activation fee

and we will **give \$10** to help the homeless\*

Back on My Feet is a nonprofit that promotes the self-sufficiency of homeless populations by engaging them in running to build confidence, strength and self-esteem. BoMF offers job training and other tools to truly get 'back on their feet.'

**back on my feet** start now!

For personal assistance call 800.294.1500 and use code **BOMF0311\***.

**GO**

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## Your healthy living newsletter

### Nutrition Month

#### Fitness 101:

#### 3 Steps to a Better Post-Workout Routine

What you do *after* a workout can dramatically improve your overall progress. It all boils down to three simple steps.

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#### For Your Health:

#### 6 Tips to Curb Your Appetite

When your stomach talks, you listen. How can you get your stomach to shut up? You can try our six appetite-curbing tips.

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#### Happenings

The Key Mineral You Probably Lack + Local Charity Events

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#### The Lighter Side

The Bunny Suit Diet

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But wait ... there's more! [Visit GO online](#) for the complete issue.

brought to you by



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 that 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.

\* Offer is valid only for GlobalFit enrollments completed between March 1, 2011, at 12:01 a.m. and March 31, 2011, at 11:59 p.m. Eastern. Offer is good for \$10.00 GlobalFit activation fee on all memberships with a standard \$19.00 activation fee, or for a \$40.00 GlobalFit activation fee on all memberships with a standard \$49.00 activation fee. Participation must be requested at the time of enrollment by the use of Campaign Code BOMF0311. Offer not redeemable for cash. Offer cannot be combined with any other offer. Promotion details are subject to change. Available for U.S.-based fitness centers only. Some restrictions apply. See [www.globalfit.com/club](http://www.globalfit.com/club) for details. For each valid enrollment, GlobalFit will donate \$10.00 to Back On My Feet, a 501(c)(3) organization; for more information, visit [www.backonmyfeet.org](http://www.backonmyfeet.org).