



MARCH'S SPICY SAVINGS

Start for free when you join a gym with our Lifestyle Membership. Or join with a Commit or Non-commit Membership and save \$29.00. Just use code **CHILIO309***

We know that fruits and vegetables are healthy and affordable. Now, recent research shows that some actually promote weight loss as well:

- *Kiwifruit.* Its sweet, jewel-green flesh is high in fiber, so kiwi fights cravings, keeping you feeling full longer. And according to a Norwegian study, nutrient-dense kiwi is heart-healthy, with 2-3 a day for 4 weeks lowering triglycerides by 15%.
- *Chili Peppers.* The naturally occurring chemical capsaicin gives them their heat and can also help you trim down. According to a Canadian study, capsaicin in peppers helps decrease your appetite and lower your fat intake later in the day.
- *Grapefruit.* Its ability to control insulin levels has measurable weight-loss effects. That's no myth: a US study saw as much as 10 pounds (3 ½ on average) dropped in 12 weeks, solely by adding half a grapefruit, or a glass of its juice, to each meal.

Pair your smart eating with regular exercise for the healthiest, most effective weight loss. Our GlobalFit benefit gives you the lowest rates at thousands of fitness centers nationwide, plus flexible membership options to suit your goals.

www.globalfit.com
800-294-1500

* 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 CHILIO309. Promotion details are subject to change. Some restrictions apply. See www.globalfit.com/club for details.