

# I ♥ Saving

## FEBRUARY SPECIAL

**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 **HEART0209**.\*



*When money's tight, you sort what you need from what you merely want.*

A healthy heart gets filed in the "need" category. Fortunately, you can be heart-healthy and budget-smart.

Try these easy-on-the-wallet steps toward a stronger heart:

- *Drink Tea.* Favor the heart-healthy varieties: green tea or caffeine-free hibiscus, which is common in herbal blends.
- *Get Some Sun.* It's a free source of heart-smart Vitamin D. Other low-cost sources include fortified milks and cereals.
- *Breathe deep.* Also free, it can soothe a stressed-out heart.
- *Have a little red wine.* To help your heart, have just 1 (for women) or 2 (for men) glasses. You save by corking the rest for tomorrow.
- *Go veggie.* Beans and soy products are high-fiber, low-fat protein sources that are cheaper than meat.

Exercise is crucial for a healthy heart, and our GlobalFit benefit helps puts it within reach. You'll get the lowest rates at thousands of gyms nationwide. Call today to find out how GlobalFit can help you be kind to your heart and your wallet.

<http://www.globalfit.com>

800-294-1500

\* This offer is valid only for GlobalFit enrollments completed between February 1, 2009, at 12:01 a.m. and February 28, 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 HEART0209. Promotion details are subject to change. Some restrictions apply. See [www.globalfit.com/club](http://www.globalfit.com/club) for details.