



April

....At Anytime Fitness!

COMMUNITY & EVENTS

Community Corner!

Check out the new community corner area at the club. This is a great place to share with your fitness colleagues.

FITNESS INSTRUCTION

Classes & Boot Camps

Check out our April Class Schedule or pre-register for our May Boot Camps Today! [Click Here](#)

CLUB SPECIALS

Referrals

Receive 1 Month Free for each new member you refer to the club!

1 Month Free Tanning

Receive 1 Month Free when adding tanning to your membership!

FACEBOOK

Be sure to "Like" our new Facebook page to keep up to date on club news as it happens...[Click here!](#)

Come Check Out The New Space!

Spring is here and we recently completed the Grand Opening of our expanded area. Here is a summary of new club features now available to you:

Tanning – Tanning is now available 24/7. Add this feature to your membership and use our new online booking system to pre-book your times.

24/7 Fitness Classes – April's class schedule is now posted [here!](#) Or you can schedule a class yourself 24/7!

Boot Camps – Pre-register for our May Boot Camps today!

More Equipment – We now have a Roman Chair and more!

More Change Rooms – 3 additional change rooms are available in the new area.

How to Revamp Your Shopping Cart For a Healthier You

As a rule of thumb, we try to stick to the perimeter of grocery stores when grocery shopping. Because unless you're in a natural grocery store, the middle aisles are stacked with processed foods, sweets, and items filled with artificial ingredients, sugar, and empty calories.

We're already cleaning up our overall health and closets for Spring, so why don't we also re-examine our shopping habits and try to give our grocery carts a makeover, too?

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How to Revamp Your Shopping Cart For a Healthier You (Continued)

In his newsletter this week, Dr. Weil offers some simple suggestions for shopping for foods that support an anti-inflammatory diet that includes:

Produce Section: Choose fresh, whole organic produce whenever possible. Fruits and vegetables from all parts of the color spectrum should make up most of your grocery items.

Canned or Packaged Foods: Choose no or low-sodium varieties. And, to avoid BPA-leaching canned goods, look for items packaged in glass, paper, or freezer bags, or shop from companies making BPA-free canned goods.

Grains, Breads, Cereals, and Legumes: Choose products made of whole, intact grains, not white or whole wheat-flour products. Stock up on healthy, inexpensive staples like dried beans, lentils, and other legumes.

As mentioned above, try to stick to the outside perimeter of your local grocery store so that you aren't tempted to load your cart with unhealthy processed items. When you're at the checkout, have a look at your cart — you'll know you had a successful shopping trip when you see an abundance of whole natural foods. Bon appétit!