



DATE: March 16, 2010



Experience Your Best

No Initiation Fees*

CLICK HERE
for more details

Smart Car Winners !!!



The World Health Team would like to congratulate Tara from our Gateway Blvd. location & Philip from our North Hill location. They are our FEB Smart Car Winners!

on Facebook.

CLICK HERE to check out the pics

You could be our next Smart Car Winner, all you have to do is share the health by referring a friend.

CLICK HERE to Refer a Friend NOW!

win one of six smart cars!!!

CLICK HERE
for more details

10 % OFF REGISTERED PROGRAMS

MARCH Smart Car Draw!!!



Did You Refer a Friend?

If you referred a friend from Feb 24th until now, be sure to see if your name is drawn for your chance to win a 2 Year lease on a Smart Car!!!

Calgary: 9 Keys - 1 Winner!

Edmonton: 10 Keys - 1 Winner!

Each club draws a winner on **March 31st at 6:30 pm**, this winner will receive a key to the winning key box

Each of the 9 Calgary Key Holders & 10 Edmonton Key Holder must attend the **Final Draw on April 1st at 6:30 pm**.

The Final Draw to test your winning key will be at the two clubs

Memberships
Joining is easy and our plans are flexible

Group Exercise
All of our programs are geared for fun

Refer a Friend
Invite a friend to try World Health & work out together!

with the highest referral numbers collected in the month of March.



Are You Drinking Enough Water?



To get the most from your workouts, the American College of Sports Medicine recommends drinking about 17 ounces of water two hours before exercise to allow for adequate hydration and time for excretion of the excess.

During exercise, drink regularly to replace the water lost through sweating. To test if you are drinking enough while exercising, weigh yourself before and after the workout; if you weigh less you are dehydrated.

[Read More](#)

April Group Ex Launch



Spring Launch
Classes starting Apr
25th - May 16th

[Read More](#)

Healthy Recipes



Grilled Salmon with
red pepper and
edamame

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Group Ex Workshops



Get up-to-speed on
the latest Group
Exercise programs

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Careers - Join the Team!



It's an exceptional
place to build a great
career

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Everyone Finishes First In REVS!

Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets

you Rev On!

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