



Referral Program



Refer a friend for your chance to win a Backyard Bliss prize package (valued at over \$2000)!

Refer a Friend

Featured Class



KICK is an electric 60-minute fusion class of martial arts & boxing movements that will kick your cardio fitness to the next level!

Join a class today!

Mr & Ms Anatomy Competition



Are you the fittest male or female in Calgary? If you think you have what it takes to win, email your photo and short bio to bodyworlds@worldhealth.ca for your chance to win!

For more information, visit <http://www.worldhealth.ca/anatomy>

Connect with Us



Join our Facebook page or Tweet us - we'll have prize giveaways, health tips, videos and more!

Become a Fan!

Summer Meltdown Challenge



Join our 12 week challenge and get into the best shape of your life! Two Divisions: One-on-One or Pairs Enroll into a 24 session Personal Training Package and train 2 times a week for 12 weeks and you could WIN!

More details...

Build Your Experience



Join Alberta's Fitness Leader and work with World Health as a Fitness Consultant

View our job postings

Upcoming Community Events

CGY - Battling Breast Cancer



Play slo-pitch and help raise money for breast cancer **August 7!**

Read More

CGY - Taste of Calgary



Calgary's festival of fabulous food and drinks is back!

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EDM - Lap the Track



Run, walk or wheel the Edmonton Indy Race Track!

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EDM - Pucci & Donny Car Wash



Help support the Stollery Children's Hospital!

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Optimum Wellness Centre - Macleod Trail

Optimum Wellness Centres is delighted to announce the grand opening of a new clinic located at our Macleod Trail location. Read their



article on posture and find out more about them by reading ["The Benefits of Good Posture"](#)



Heart & Stroke Healthy Recipe



Check out the monthly healthy recipe from the Heart & Stroke Foundation:

[Lighthearted Caesar salad](#)

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