



## Lady of America Newsletter - January 2010 - Commitment & Contract Time

### Fitness: Getting the Most out of Your Membership & Club

With a tight economy, you want to get the most from your hard-earned dollars and spend wisely. Most people take advantage of the year-end and new year gym membership programs with the intent of working out everyday or most days.

This year get the most out of your Lady of America membership and your gym by following these tips. We promise, you will get more bang for your buck and see results, too!

- ❖ Commit to using the gym frequently by scheduling it on your calendar
- ❖ Learn how to use the gym equipment safely and properly
- ❖ Create some short-term and long-term fitness goals
- ❖ Work with a personal trainer for motivation
- ❖ Try a new class each week
- ❖ Take advantage of the amenities offered — from massage to tans to manicures, even child care
- ❖ Ask for a guest pass and invite a friend to join you
- ❖ Find a workout buddy in every class
- ❖ Sign up for the club monthly newsletter
- ❖ Participate in club events



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