



Resolve to **GET FIT**

...and spend less! Here's
how to reach your health
goals without breaking
the bank.

Turn the page for great discounts,
expert tips and your chance to
win stylish workout wear, a weeklong
stay at the Biggest Loser Resort,
and much more.



**\$9,015
IN PRIZES!**

Starting on the date the prize appears, log on to womansday.com/giveaways to enter for your chance to win!
See page 110 for official rules.

January

Deals and freebies all month long

{tip}
GYM FEES CAN BE negotiable

If you speak up about wanting to save, some health clubs may waive an initiation fee, or throw in free personal training sessions to convince you to join.

PAIR UP
Some health centers will offer a less expensive rate—usually called a household rate—if you sign up with at least one other person you live with, which could mean a domestic partner, child or roommate.

GREAT DEAL
Go to goldsgym.com/wd to get a special discounted enrollment fee of \$39 (typically \$99) and save 20% on membership dues (\$500 for a year) for the length of your contract at participating Gold's Gyms nationwide. Offer is valid through January 31, 2013.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1 {tip} GO ONLINE TO LOSE These weight loss websites offer free nutrition advice, calorie counters and support: fitday.com , livestrong.com and sparkpeople.com	2 10 readers will win a personalized yoga mat from MyCustomYogaMat.com . Value, \$40.
6 20 readers will win a set of resistance bands from Sports Authority. Value, \$35.	7 SAVE 75% Buy a used bicycle at a garage sale or ask your local police department when they're next auctioning off unclaimed bikes. If you buy one for as little as \$50, then search for local bike trails on traillink.com , your workout is practically free!	8 {tip} MAKE A PROTEIN SMOOTHIE FOR LESS! Blend frozen fruit, skim milk, ice and plain Greek yogurt at home and you'll save \$3.30 off a store-bought smoothie.	WIN IT!
13	21	15 5 readers will win form-flattering capris and a tank top from Fila's Personal Performance Collection . Value, \$115 per set.	16 Create a home gym for just \$65 A yoga mat (\$20), free weights (\$20 for a set of 2) and resistance bands (\$25) can provide a full-body workout for the same cost as just one month of membership at many gyms. Visit acefitness.org and youtube.com for a huge variety of videos to learn how to properly use the equipment.

THIS PAGE: BANDS: VEER. BICYCLE: SHUTTERSTOCK. OPPOSITE PAGE: PLATE: SHUTTERSTOCK.

THURSDAY	FRIDAY	SATURDAY
3 WIN A TRIP! One reader and a guest will win a week's stay at a Biggest Loser Resort of your choice (locations in Utah, California and New York). You'll receive group fitness training, nutrition classes and enjoy spa cuisine meals to get a jumpstart on your weight loss goals. Value, \$4,590.	4	5 {tip} WORK OUT FOR FREE ALL MONTH LONG! If you sign up for four different gyms' free trials, you can work out for a month without spending a dime.
WIN IT!	11 {tip} DOWNSIZE YOUR DINNER. Serve your meal on a smaller plate for built-in portion control.	12 10 readers will win a tote bag filled with 72 assorted KIND Bars and six pouches of KIND Healthy Grains . Value, \$150.
WIN IT!	18 SAVE 20% off portion-controlled dinnerware, bowls and more at preciseportions.com . Enter WD2013 at checkout.	WIN IT!
31 25 readers will win an Omron HJ-323U Pedometer . Value, \$50.	25 {tip} BUY USED! Visit craigslist.org or a store such as Play It Again Sports to get up to 70% off on equipment ranging from tennis rackets to treadmills.	

SOURCES: Barbara Bushman, PhD, FACSM, editor, *ACSM's Complete Guide to Fitness and Health*. Leigh Crews, education director, QIGNITION. Ruth Frechman, MA, RD, CPT, author, *The Food Is My Friend Diet*. Michael Kaplan, MD, chief medical officer, The Center for Medical Weightloss. Sarah B. Krieger, MPH, RD, LD/N. Pamela Kufahl, editor-in-chief, *Club Industry Magazine*. Kerry Neville, MS, RD, founder, KLMN Nutrition Communications. Bonnie Taub-Dix, MA, RD, CDN, author, *Read It Before You Eat It* and blogger, *BetterThanDieting.com*.