



January

Happy New Year! Now is the perfect time to get into fitness! Don't forget that 24 Hour Fitness offers you, AND 6 friends or family members special rates!

[Click Here for Pricing & Location Information](#)

Questions? Contact Samantha at 760.918.4417 or at sbertrand@24hourfit.com

5 Ways to get into the Mindset of Exercising Regularly

1. Don't skip workouts
2. Find an activity you enjoy
3. Set goals and track your progress in a visible manner
4. Seek Inspiration
5. Remind yourself why you're living an active life

[Click here for more details!](#)

2018

Find a workout that motivates you!

Your personality type can give you clues to the workout you'll do- and keep doing!

[Click here to learn more about what workouts are best for your personality!](#)

Why surrounding yourself with good people matters in life and fitness.

"Community is good for your health—but only if it's good community"

[Click here to read more](#)

Green Recovery Smoothie Bowl

This super- creamy and tropical green smoothie bowl has the optimal carb-to-protein ratio for muscle repair and recovery after a tough workout.

[Click here to get the recipe!](#)