



Healthtrax
FIT FAMILIES FOR LIFE

Stay connected to Healthtrax at home, at work or on the road.

Visit our [website](#) for class schedules, member services, upcoming events and special announcements.



OPEN HOUSE



March Madness Open House

March 24-31

Bring friends FREE during Healthtrax March Madness Open House! Don't miss the special events, classes and demos going on all week long.

Invite your guests to take a class, enjoy a swim or work out with you for FREE!* Ask Membership Staff for more information and for more guest passes.

View schedules of events online or stop by the front desk.

**Guests must be age 18 years or older and bring a valid ID. Register at front desk. Guests work out for free up to three visits during Open House week.*

Fitness Tune-Up & Raffle

Complete a **60-Minute Fitness Tune-Up** and be entered in a raffle to win **3 Free Personal Training Sessions!***

This 60-minute training session is great for the seasoned exerciser or new member. We can help you reach your goals, learn new exercises, correct common exercise mistakes and answer your fitness questions.

goal reassessment * workout advice * strength training * general fitness needs

Ask a Member of the Fitness Staff or submit a request to schedule your appointment today.

** Free 60-minute fitness tune up valid for new training clients only. Must be a Healthtrax Member age 18 or older and cannot be combined with other offers. Appointments required.*

Trax Talk is here!

Have you checked out our new Healthtrax blog, **Trax Talk**?

Your health extends well beyond the walls of Healthtrax--that's why we make it our business to share information and tools you can use to stay healthy and strong. Trax Talk is all about our favorite articles on general health, fitness & nutrition.

Please enjoy and share Trax Talk with people you care about. And if there is a topic you'd love more information on, [please let us know](#) and we'll get right on it!

To check out [Trax Talk](#) today!

Take the Veggie Challenge

Challenge yourself to eat more veggies! Vegetables are low in calories and packed with fiber, vitamins, minerals and disease-fighting natural compounds.

To get started, include a serving of vegetables with lunch at least three days this week. Options may include a salad, vegetable-based soup, tomato juice, a side of raw or steamed veggies, or sliced peppers and cucumbers in addition to lettuce and tomato on a sandwich.

Another great option is to try an ethnic vegetarian meal:

- Chinese: vegetable and tofu stir-fry
- Greek: vegetable-stuffed eggplant
- Middle East: falafel, hummus or tabouli
- Indian: dhokla or vegetable curry and lentil dishes
- Mexican: vegetarian bean burritos

Sources: Produce for Better Health Foundation, HealthFitness Registered Dietitian

Plan Your Next Adventure Win a \$500 Southwest Gift Card!*

We're asking you to help expand our fitness community by inviting your friends. Like always, you'll earn +400 Healthtrax Rewards points for every friend you invite that joins.

But this month we're sweetening the deal even more. **Refer a friend who joins Healthtrax by March 22** and you'll be entered to win!

- FIRST PLACE
\$500 Southwest Gift card!
- SECOND PLACE
\$200 Southwest Gift card!
- THIRD PLACE
\$100 Southwest Gift card!



[Log in to your Healthtrax Rewards account](#) and share passes or ask a member of the staff for guest passes to give to your friends.

**Giveaway for Healthtrax members only. Some restrictions apply. Referral must join February 1-March 22, 2018.*

St. Jude Spin for Kids

March 10

Join KIX 100.9 for the annual St. Jude Spin for Kids fundraiser! Hop on a bike and take a spin class to benefit St. Jude Children's Research Hospital. The hour-long class is offered at the three Healthtrax centers in East Longmeadow, Enfield and West Springfield.



About St. Jude Children's Research Hospital:

- Families never receive a bill from St. Jude for treatment, travel, housing or food-- because all a family should worry about is helping their child live.
- Treatments invented at St. Jude have helped push the overall childhood cancer survival rate from 20% to more than 80% since it opened more than 50 years ago.

[Register and reserve your bike now](#) for only \$25! Space is limited.

March 10 / 9:30 a.m.

How Are We Doing?

We value your comments, suggestions and compliments. Your feedback helps us keep our promise of service excellence. Please [click here](#) to let us know how we are doing.

Like us on **Facebook** 

Follow us on **twitter**

FOLLOW US ON **Pinterest**

Healthtrax Fitness & Wellness

3 Weymouth Road, Enfield | 860-745-2408 | healthtrax.com