



HAPPY VALENTINE'S DAY

Happy Valentine's Day from "No Sweat" Fitness!

February is full of special days! Chinese New Year (Year of the Tiger) and Valentine's Day fall on the 14th and 2 days later is Mardi Gras. It is also American Heart Month, Grapefruit Month, Cherry Month, Wild Bird Feed Month and Bake for Family Fun Month! This year February is extra special because the XXI Winter Olympics begin on the 12th. Perhaps they will inspire you to think about beginning a new sport!

In honor of National Pancake Week (2/21-2/27), click on this link for a tasty and healthy breakfast:

[Mr. Breakfast](#)

No Sweat Fitness
73730 Hwy. 111 Suite 5
Palm Desert, California 92270

Save 25%

Mention our Valentine's Special and receive 25% off a Body Composition Test!

Offer Expires: 3/14/10

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