



## **GlobalFit Partners with Diet-to-Go to Offer Members Nutritious Chef-Prepared Meals**

*GlobalFit's Gym Network 360 continues to grow with the addition of new weight loss programs*

PHILADELPHIA – June 28, 2016 – GlobalFit, a leading provider of integrated fitness solutions for corporations and insurers, is pleased to announce its new strategic partnership with Diet-to-Go. GlobalFit members can now take advantage of a weight loss plan based on portion-controlled, nutritionally balanced, restaurant quality meals.

Diet-to-Go helps busy people lose weight and keep it off. Meals are fully prepared, eliminating the time and effort associated with dieting and healthy eating. Everything is included, such as fresh fruit, sides, and condiments, so there's no shopping, preparation, or cleanup.

GlobalFit offers employees and plan members from over 4,000 client organizations exclusive pricing on three Diet-to-Go meal plans: Balance, Carb30, and Balance-Diabetes. All plans were developed by chefs and nutritionists. Meals are prepared without preservatives in two USDA certified commercial kitchens.

"In this crazy busy world, people just don't have time to cook. They're eating out and have no control over the calories, sodium, sugar, and fat in their food. Diet-to-Go makes it easy to eat well and be healthy," said Kristen Ciuba, Diet-to-Go Director of Nutrition Services.

"We're thrilled to be able to add a weight management program where the calorie control component comes from fresh, restaurant quality meals that can be delivered right to the consumer. Diet-to-Go is convenient, effective, and affordable. It's perfect for anyone looking to lose weight or for those that want to eat a little healthier but don't have time to cook," said Merideth Harrington, GlobalFit Senior Vice President of Marketing.

GlobalFit's Gym Network 360 continues to expand its fitness and nutrition programs to support a client base of over 70 million employees and insurance plan members nationwide.

Find out how to add GlobalFit to your wellness program: [www.globalfit.com](http://www.globalfit.com)

### **About GlobalFit**

GlobalFit is the leading provider of integrated fitness solutions for corporations and insurers nationwide. GlobalFit's Gym Network 360 is a comprehensive suite of programs that offers employees and plan members exclusive membership pricing at thousands of gyms and studios nationwide, weight

loss and healthy eating programs, wellness education, and more. GlobalFit's FitBucks Rewards is an integrated fitness reimbursement solution that rewards employees and plan members for investing in their health. Learn more at [globalfit.com](http://globalfit.com).

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