

# It pays to be active.™



With the **Active&Fit ExerciseRewards™** program, you can get rewarded for working out.

Complete at least 10 visits each month. You can earn \$30 in rewards. It's that easy!

Here's how you can track your fitness center visits:



## **National Network of Fitness Centers**

Access thousands of participating fitness centers with substantial discounts on most memberships. You also have access to Premium locations including fitness centers, studios, and unique fitness experiences for a buy-up price.<sup>1</sup> Once you join, you don't need to do anything else—the fitness center will submit your visits for you automatically.



## **Track Visits on the Website**

Log in to your Active&Fit Enterprise™ member account to track visits at a qualifying fitness center.<sup>2</sup> For the visit to count, each workout should be at least 30 minutes (one fitness center visit per calendar day). Each 30-minute workout will count for 1 visit.



## **Paper Log**

If you prefer, you can manually track your fitness center visits and submit a Visit Submission Form. Each valid visit counts toward your reward goal.

Go to [ActiveandFit.com](https://ActiveandFit.com) to get started today!

The Active&Fit ExerciseRewards program also includes these features:



#### **On-Demand Workout Videos**

Visit **ActiveandFit.com** to find workout videos for all fitness levels.



#### **Workout Plans**

Answer a few online questions about your fitness level and goals to get a custom exercise plan.



#### **Member Resources**

You can visit the online library for exclusive articles and resources.

For questions, go to **ActiveandFit.com** or call us toll-free at **1.877.771.2746**, Monday through Friday, 7 a.m. to 8 p.m. Central time.

<sup>1</sup>Fees vary by Premium location. Please refer to the fitness center search on the Active&Fit Enterprise website.

<sup>2</sup>For a fitness center to qualify, it must be in the 50 U.S. states or District of Columbia, offer regular cardiovascular, flexibility, and/or resistance training exercise programs or may include instructor-led classes (such as Zumba®, Pilates, “step” classes, yoga, aquatics, etc.), must have staff oversight, and must offer a membership agreement.

The Active&Fit Enterprise and Active&Fit ExerciseRewards programs are provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Please talk with your doctor before you start or change your exercise routine. Persons shown are not Active&Fit ExerciseRewards members. It pays to be active, Active&Fit Enterprise, Active&Fit ExerciseRewards, and the Active&Fit Enterprise logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Nonstandard services at fitness centers that call for an added fee are not part of the Active&Fit Enterprise program. Fitness center participation may vary by location and is subject to change. Members are not required to participate at an ASH-contracted fitness center to be eligible for the reward; however, exclusions apply.

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