

get fit at home™



The Active&Fit® program helps you stay active no matter where you live or where you like to work out, with home fitness kits that are mailed directly to you!

Choose **1** selection from our brand-new **Stay Fit kits** each benefit year:

- Fitbit® Wearable Fitness Tracker kit*
- Garmin® Wearable Fitness Tracker kit*
- Yoga kit including a mat
- Beginner Strength kit including set of 3-pound dumbbells and resistance bands
- Intermediate Strength kit including set of 5-pound dumbbells and resistance bands
- Advanced Strength kit including set of 10-pound dumbbells and resistance bands

Choose **up to 2** home fitness kits each benefit year from 31 available options:**

- Aquatic Exercise
- Athletic Conditioning
- Barre Fitness
- Barre Fitness for All Levels
- Cardio Blast
- Cardio Pump
- Cardio Quick Fix
- Chair Aerobics
- Chair Boxing
- Chair Dancing
- Chair Dancing Celebration
- Chair Pilates
- Chair Tai Chi
- Chair Yoga
- Circuit Burn
- Diabetes Workout
- Exercise
- Exercise for the Bedridden and Physically Challenged
- High Energy Cardio
- High Intensity Bootcamp
- Lean Body Circuits
- Pilates
- Strength & Stamina
- Stress Management
- Tai Chi
- Tai Chi for Balance
- Total Body Workout
- Upper & Lower Body Workouts
- Walking
- Yoga
- Your Best Body Workout

To order your kit(s), please visit www.ActiveandFit.com. If you have questions, call toll-free 1.877.771.2746, Monday through Friday, 5 a.m. to 6 p.m. PST.

*The Garmin or Fitbit promotional code cannot be used in combination with any other promotion on the Garmin or Fitbit website. Once selected, Stay Fit kits cannot be exchanged.

**Members cannot select the same home fitness kit twice in the same benefit year. Once selected, kits cannot be exchanged.

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