



Getting active just got easier™

The Active&Fit® program is designed to support every unique member.

For only \$10 per month for a fitness center membership and \$10 per benefit year for a home kit, enjoy all of the following, anytime, anywhere:



8,000+ Digital Workout Videos

Go to www.ActiveandFit.com to view workout videos, perfect for all fitness levels.



Home Fitness Kits

Pick your favorite kit (one per benefit year):¹

- Fitbit® Wearable Fitness Tracker Kit
- Garmin® Wearable Fitness Tracker Kit
- Pilates Kit
- Beginner Strength Kit
- Intermediate Strength Kit
- Advanced Strength Kit
- Beginner Swim Kit
- Advanced Swim Kit
- Beginner Yoga Kit
- Intermediate/Advanced Yoga Kit



Standard and Premium Fitness Network Choices

Work out at 13,000+ participating fitness centers. You also have access to 7,000+ Premium locations including fitness centers, studios, and unique fitness experiences for a buy-up price.²



Member Resources

Visit the online library of resources for exclusive articles and videos on healthy eating, staying active, and more.

Go to www.ActiveandFit.com to get started today!

For questions, call us toll-free at 1.877.771.2746, Monday through Friday, 5 a.m. to 6 p.m. PST.

IMPORTANT! If you are enrolled in the Active&Fit Direct™ program, you must cancel your program enrollment before becoming a member of the Active&Fit program. Please log in to www.ActiveandFitDirect.com to cancel your Active&Fit Direct program enrollment. If you have questions, call us toll-free at 1.844.646.2746, Monday through Friday, 5 a.m. to 6 p.m. PST.

¹Home Fitness Kit promotional codes cannot be used in combination with any other promotions on third-party vendor websites. Once selected, **kits cannot be exchanged**. Kits are subject to change.

²Fees vary by Premium fitness center location. Please refer to the fitness center search on the Active&Fit website.

The Active&Fit and Active&Fit Direct programs are provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Please talk with your doctor before starting or changing your exercise routine. All programs and services are not available in all areas. The people in this piece are not Active&Fit members. Active&Fit, Getting active just got easier, Active&Fit Direct, and the Active&Fit logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Non-standard services at the fitness center that call for an added fee are not part of the Active&Fit program. Fitness center participation may vary by location and is subject to change.