



It pays to be active™



With the **Active&Fit ExerciseRewards™** program, you 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:



Enroll with an Active&Fit® Fitness Center

Enroll with one of the 20,000+ participating fitness centers, studios, and unique fitness experiences in our national network with substantial discounts on most memberships. Once enrolled, you don't need to do anything else—the fitness center will submit your visits for you automatically.¹



ASHConnect™ App

Use the ASHConnect™ app to track visits at a qualifying fitness center.² Our national network includes 50,000+ locations. For the app to count your visits, each workout should be at least 30 minutes (one fitness center visit per calendar day). Each 30-minute workout will count for 1 visit. Search for ASHConnect in your phone's app store.



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.

The **Active&Fit ExerciseRewards** program also includes these features:



8,000+ Digital Workout Videos
Go to www.ActiveandFit.com to view workout videos, perfect for all fitness levels.



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!

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



¹Fees vary. Please refer to the fitness center search on the Active&Fit website.

²For 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 ExerciseRewards program is 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 Exercise Rewards members. It pays to be active, Active&Fit ExerciseRewards, Active&Fit, ASHConnect, 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 ExerciseRewards 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.