



# Getting active just got easier™

## Achieve better health through regular exercise with the Active&Fit® program.

Enjoy one, some, or all the following:



### 2,000+ Digital Workout Videos

Go to [ActiveandFit.com](http://ActiveandFit.com) and get fit with workout videos including core, cardio, strength, yoga and more, for all fitness levels.



### Stay Fit Kits

Choose one of the following each benefit year:

- Garmin® or Fitbit® Wearable Fitness Tracker kit<sup>1</sup>
- Yoga kit with a mat
- Beginner, Intermediate or Advanced Strength kit with dumbbells and resistance bands



### Home Fitness Kits

Choose up to two home fitness kits each benefit year from a selection of 31 unique options including Barre, Pilates, Tai Chi, Bootcamp and more.<sup>2</sup>



### Healthy Living Coaching

Receive one-on-one lifestyle coaching in areas such as fitness, nutrition, stress, and sleep. Coaches help you set and reach your goals at your own pace.



### Daily Workout Classes

Visit [@MyActiveandFit](https://www.facebook.com/MyActiveandFit) on Facebook every Monday through Friday, and anytime on [YouTube.com/MyActiveandFit](https://www.youtube.com/MyActiveandFit) for 30-minute classes led by a certified instructor.



### 11,000+ Fitness Centers

Our expanded national network includes these brands and more:



### Active&Fit Connected!™ tool

Track your exercise and activity from wearable fitness trackers and apps.<sup>3</sup>

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

Questions? Call toll-free 1-888-797-7806, Monday through Friday, 8am to 9pm Eastern time.

**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](http://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, 5am to 6pm Eastern time. Active&Fit Direct is available to AdventHealth Advantage Plans' (commercial) members.

<sup>1</sup>The Garmin or Fitbit promotional code cannot be used in combination with any other promotion on the Garmin or Fitbit websites. Once selected, Stay Fit kits cannot be exchanged.

<sup>2</sup>Members cannot select the same Home Fitness kit twice in the same benefit year. Once selected, kits cannot be exchanged.

<sup>3</sup>Purchase of a wearable fitness tracker or app may be required to use the Connected! tool and is not reimbursable by the Active&Fit program.

Your use of the Active&Fit Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity. The Active&Fit program is 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 to a doctor before starting or changing an exercise routine. The people in this piece are not Active&Fit members. Active&Fit, Getting active just got easier, Active&Fit Connected!, Active&Fit Direct, and the Active&Fit logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Kits are subject to change. 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.

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