

# WELLNESS

## for Every Part of You



**Get Started:** Log in to your account and select the Wellness Center > Healthy Discounts > Acupuncture, Chiropractic, Massage Therapy > ChooseHealthy. For more information on participating facilities, visit <https://www.activeandfitdirect.com/search>.

### Top Gyms Starting at \$28/mo.<sup>1</sup>

From yoga, to strength, to Pilates, and more—**thousands of gyms and premium studios** to choose from. Pick your favorite and work out your way.

### NEW Active&Fit Direct™ Marketplace

#### 10% - 50% Off Wellness Products<sup>2</sup>

Unlock exclusive deals on gear, gadgets, and apparel from Adidas®, New Balance®, Fitbit®, NutriBullet®, Therabody®, and more!

#### No Long-Term Contracts, Annual Fees, or Cancellation Penalties

Enjoy ultimate flexibility and choice. Plus **save \$5** when you add a second gym.<sup>3</sup>

#### More to Power Your Progress

Make lasting changes with **personalized 1-on-1 virtual coaching** in sleep, stress, nutrition, and GLP-1 weight loss—all at no extra cost!<sup>4</sup>

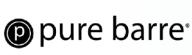
**Enroll your partner** and move toward your goals together.<sup>5</sup>

Access thousands of on-demand workout videos—**free and at your fingertips**.

**12,800+**  
Standard Gyms



**10,200+**  
Premium Gyms



<sup>1</sup>Plus applicable enrollment fees and taxes.<sup>2</sup>Not all program sponsors offer Marketplace; vendors, products, and discounts are subject to change.<sup>3</sup>Members may select multiple gym memberships with a \$5 discount off the monthly fee for each additional gym selected.<sup>4</sup>Active&Fit Direct and its coaches provide general information for educational purposes only and do not offer medical or pharmaceutical advice or diagnoses. For any medical or health concerns, consult a qualified healthcare professional.<sup>5</sup>Add your spouse/domestic partner for additional fees. Fees will vary. Conditions apply.

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