



getting active
just got easier™

Welcome to the **Active&Fit**® program.

As an Active&Fit member, you can receive a fitness center membership at one of 11,000+ participating fitness centers. You can also choose up to 2 home fitness kits each benefit year.* Kits are mailed directly to you!

Active&Fit members also get:

- Daily workout classes on Facebook Live, Monday – Friday, and anytime on YouTube
- The Active&Fit Connected!™ tool, a fun and easy way to track your activity**
- The Active&Fit quarterly digital newsletter
- And more!

