



An exclusive fitness program available to employees that are covered by the District Florida Blue health insurance.



Whether your goals are physical, such as losing weight and maximizing energy, or emotional like dealing with stress and improving your mood, Fitness Your Way can help you meet your goals, on your budget and do it all on your own time. Fitness Your Way offers access to nearly 9,000 different fitness locations for just \$29 a month, as well as other health and well-being specialists and discounts.

Fitness for your budget

- \$29 enrollment fee
- Only \$29 per month (plus local tax), with a 3-month commitment

Fitness for your time

- Visit any participating fitness location—anytime, anywhere — as often as you like
- Locations include select Anytime Fitness[®], Curves for Women[®], L.A. Fitness[®] and Snap Fitness[®]. A limited number of Gold's Gyms in certain areas are also participating. Use the Fitness Your Way Gym Finder to locate gyms near you. Click the link below:
<https://www.blue365deals.com/offers/tivity-health-29-gym-membership-s>
- 24/7 access to well-being support, health articles and online health coaching

Flexibility to Achieve your Goals

- With 9,000 locations, find fitness facilities that fit you and your needs
- Easy online tools to track exercise and nutrition goals
- Stay motivated with social networking, rewards and the Daily Challenge

Call Fitness Your Way at **888-242-2060** for more information