![Active&Fit Direct® logo]

healthy
living program

NEW One-on-one lifestyle coaching to help you reach your health goals.

Now your Active&Fit Direct™ membership comes with personalized, over-the-phone coaching to help you achieve your health goals, whatever they may be. Get matched with a professional lifestyle coach who will provide education and training in areas such as fitness, nutrition, stress, and sleep.

The program is customized to support you as an individual, and help you set and reach your goals at your own pace.

Enjoy any or all of the following, offered at no additional cost to your membership:

- **Health Improvement**

- **Stress Management**

- **Weight Management**

Enrolled? Log in to get started at **www.ActiveandFitDirect.com**.

1 Schedule your intial 30-minute kickoff session.

2 Enjoy unlimited sessions with your coach, whenever you need.

Not enrolled? With the Active&Fit Direct program, you'll have access to:

- One-on-one lifestyle coaching in areas such as fitness, nutrition, stress, and sleep

- Choice of 11,000+ fitness centers nationally

- 1,500+ digital workout videos accessible at home or on-the-go

- Activity tracking with 250+ wearable fitness trackers, apps, and exercise equipment

home **or** gym?

we'll keep you active either way.

Enrollment Fee Waived Through September 30, 2020

- Select from **11,000+ fitness centers**, with the ability to change anytime
- Access **1,500+ digital workout videos** so you can work out at home or on-the-go
- Receive **one-on-one lifestyle coaching** in areas such as fitness, nutrition, stress, and sleep
- No long-term contract

NEW! Two ways to try fitness for free.

Enjoy **200 free digital workout videos** available to all eligible members, even before you enroll.

Join us for daily (M – F) **workout classes** on Facebook Live and YouTube, where anyone can participate in a variety of workouts designed for all levels!

LIVE   **YouTube**

FITNESS PROGRAM MEMBERSHIP
$25/mo*
11,000+ FITNESS CENTERS
1,500+ WORKOUT VIDEOS
Active&Fit® DIRECT ™

Over 1,500 digital workout videos including programs from:

JILLIAN MICHAELS

Latin Va FITNESS

STRONG BY ZUMBA

FITSTEPS

YogaFit

Over 11,000 fitness centers nationwide including:

LA FITNESS

SNAP FITNESS 24.7

ANYTIME FITNESS

Curves

GOLD'S GYM

WORKOUT ANYTIME Your Fitness. Your Schedule.

Get Started: Log in to Anthem.com, click Care, then Discounts.