

SET GOALS FOR A FIT 2024

AND A LIMITED-TIME OFFER

Start 2024 off strong by setting sustainable goals you can stick to for the rest of the year—you'll feel accomplished, invigorated, and healthier than ever.

Join now with \$0 enrollment!^{1,2} Learn more at bsca.fitnessyourway.tivityhealth.com and use code **BSCENROLL4FREEJAN** when you sign up.



MORE GYM, LESS MONEY

Fitness Your Way® lets you join as many gyms as you want, wherever you live, work, and play.

Working out should be accessible to everyone. Wherever you want to sweat.

- Four gym packages available starting at \$19/month,³ plus a no enrollment fee offer available now^{1,2}
- Join as many gyms as you want with access to 13,000+ fitness locations⁴
- Digital only package also available for just \$10 a month⁵ (all digital content included with gym packages)
- On-demand videos available 24/7 and live virtual classes like cardio, bootcamps, barre, and yoga from Burnalong®



HARNESS THE EXCITEMENT OF A FRESH START BY REVISITING YOUR WELLNESS GOALS AND SETTING YOURSELF UP FOR SUCCESS



1. DEFINE YOUR "WHY"

Identifying your "why" is the cornerstone of any successful wellness journey. Maybe you want to improve your overall health, boost your self-confidence, set a positive example for your family, or simply feel more energetic and vibrant every day. Your "why" will be your guiding light, reminding you of the purpose behind your actions. When you know why you're working towards a goal, it becomes easier to push through obstacles and stay motivated.



2. SET SMART GOALS

Embarking on a new fitness and wellness journey can be intimidating if your goals are vague or overambitious. To set yourself up for success, make sure they're SMART: specific, measurable, achievable, relevant, and time-bound. For example, instead of having a goal to "get fit," set a specific goal to "run a 5k in under 45 minutes in three months." From there, you can break down your goal into small, attainable steps. Reward yourself when you hit certain milestones to help you stay motivated.



3. CREATE SUPPORTIVE HABITS

Achieving your fitness and wellness ambitions goes beyond setting SMART goals—it involves building supportive habits, too. Start with small, consistent changes, like hitting the gym twice a week. As you become comfortable with your new routine, you can gradually increase your frequency. Remember that building habits takes time, and it's okay to have setbacks.



4. EMBRACE THE JOURNEY

Your fitness journey is a story in the making. It's filled with ups, downs, plateaus, and achievements. Embrace every part of it because that's what makes it yours. Learn from the challenges and celebrate every step forward, whether it's lifting a heavier weight or running an extra mile. If you need a break or a change in your routine, that's part of your progress. After a long work day, you may opt for an on-demand restorative yoga class at home. On a Saturday morning, you may feel more energized and hit the gym for a group cardio class.

THIS IS YOUR TIME

January is your time to refocus your energy on health and fitness—kick off the new year with a rejuvenated wellness routine. Join at bsca.fitnessyourway.tivityhealth.com

Always talk with your doctor before starting an exercise program.

1. Offer valid until January 31, 2024. Offer available to residents of the United States who are at least 18 years old and have benefits with a participating health plan. Member must provide the BSCENROLL4FREEJAN promo code at sign-up to receive the \$19 off waived enrollment fee. If member selects the digital only membership, they will not receive the promotional offer. Additional terms, conditions and limitations apply. See Program Agreement for details. 2. Without offer, Fitness Your Way enrollment fee is \$19 plus applicable sales tax. 3. Fitness Your Way gym packages range from \$19 - \$99 per month plus applicable sales tax. For pricing information visit <http://bsca.fitnessyourway.tivityhealth.com>. Limitations apply. See Program Agreement for details. 4. Fitness locations are not owned or operated by Tivity Health, Inc. or its affiliates. Fitness Your Way membership entitles members to use the fitness location facilities and amenities available to the holder of a basic membership at the fitness locations. Facilities and amenities vary by location. 5. The digital only package is \$10 per month plus applicable sales tax. For pricing information visit <http://bsca.fitnessyourway.tivityhealth.com>. Limitations apply. See Program Agreement for details.

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